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ARNOLD

CLASSIC AUSTRALIA 2015

By Daniel Hedger

As the advertising campaign promised, Arnold WAS there — and so we were we. And, judging by the attendance numbers, a lot of you were too.

What was only an unadvertised summer 10 weeks ago became real between March 13-15. But it didn't come without a hell of a lot of effort and support from the bodybuilding and fitness community, most notably the man who made it all happen, Terry Doherty, and his team. You should never bet against TD, no matter how big a challenge he's set for himself. Doherty Jackson backed up his performance in Columbus the week before, when he made history by being the first man to win the Arnold Classic, and won the inaugural Arnold Classic, despite having only landed in Melbourne the morning of the show. Doherty's and Arnold, originally from Pakistan, caused a

sensation when he won the Over-300 kg, world record IFBB pro card on the Sunday afternoon and experienced international media attention. And it wasn't just about bodybuilding. Like its US counterpart, the Arnold Classic Australia was a true multi-sport festival, featuring a golf tournament, professional triathlon — the Hall looks the deathly world record at the event — and one of the biggest martial arts festivals Australia has ever seen, bringing together eight different styles, which greatly impressed Arnold himself when he made his way through the martial arts area. Australian Iron Man and our Blizz Publications stable had a very active hour, with both bodybuilding

and martial arts celebrities making appearances. Iron Man had Colin van Megen, Amanda Doherty, Sunny Brown, Melissa Le Man and Miles Harvey all taking time out of their busy schedules to meet the fans, sign autographs and pose for photos. We continue to be super grateful to these awesome folks.

So the inaugural Arnold Classic Australia was a tremendous success from all perspectives. The following pages, covering both the pro and amateur bodybuilding shows — as well as our Hot Shots gallery on page 146 — aim to give our readers just some idea of the excitement of the event. But there's still nothing like being there. So next year, we'll be there. Arnold will be there... Will you?



Dexter Jackson and Dr. Mark Harrison go head to head.



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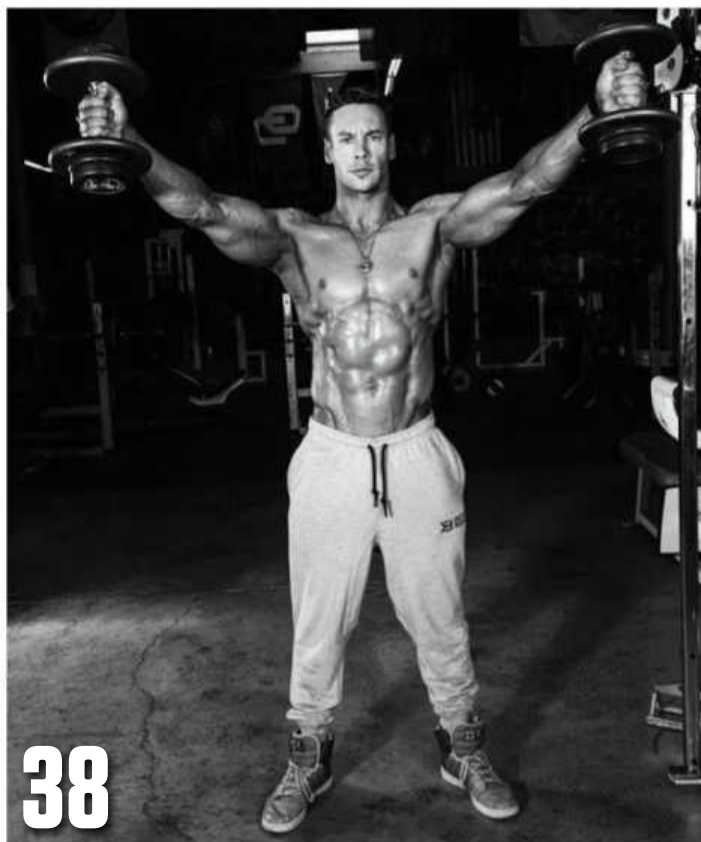
There's a reason why the supplement industry is always looking for 'the next creatine' — because creatine really works.

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If glutes are the crown jewel of a hot body, then Tasha Star should be our queen.

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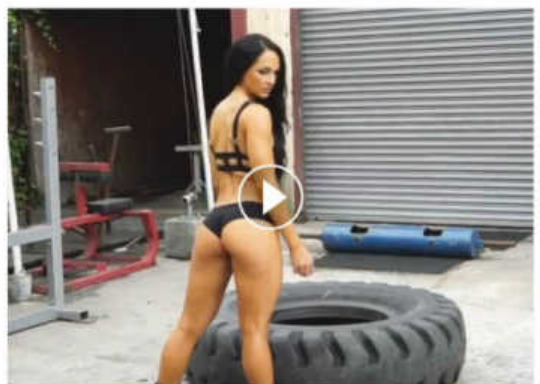
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IM

PUBLISHER'S LETTER

Getting it Done

By Silvio Morelli



"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

— Thomas A. Edison

There's a lot of truth in this quote. Often, the difference between success and failure is simply that the winner keeps going when the loser gives up.

We've all experienced it in the gym, that moment when you're coming to the end of your set, you've reached your eight, 10 or 12 reps. At that moment, you have to make a choice: do I reach the number in my head or do I go for one more? Forcing out those last couple of reps when you didn't think you could is exactly what Edison was talking about, though it's unlikely he ever would have applied it to bodybuilding.

Take this year's Mr. Olympia, which is a major focus of this very issue of *Iron Man*.

Phil Heath is securing his legacy, taking a fifth straight title. He didn't rest on his laurels — despite the fact that his main competition, Kai Greene, would not be competing; instead, he kept pushing forward, trying to beat the previous version of himself.

And our cover model Jeremy Buendia is carving out a legacy in the relatively new Men's Physique division, racking up back-to-back wins in 2014 and 2015 after placing second in 2013. If he had given up three years ago, instead of pushing ahead, who knows

where he might have ended up? Instead, he buckled down and focused, and scored the win. (You can read our interview with him on page 54.)

Importantly, both these Olympia champions have placed second and even lower than that. They haven't always been number one. What made them champions was their ability to not give up when things got tough — even when they had put in so much work only to see the prize slip through their fingers. They got up, dusted themselves off and pushed ahead. They dug deep inside themselves and found the drive to keep going, to find new ways to improve in order to train with even more intensity, keeping mentally fit for the next struggle.

When the choice to give up or keep moving forward is in front of us, you should already know what the right decision is. The difference between succeeding and failing is having the inner strength and resolve to actually make the right decision, to get one more rep in, increase the intensity and improve your overall gains.

You know what to do. The hardest part is doing it.

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Josh Dickinson

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Thomas DeLauer is an accomplished fitness cover model and writer who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. You can follow him on Twitter @thomasdelauer and [facebook.com/Thomas.DeLauer](https://www.facebook.com/Thomas.DeLauer).



Daniel Dalenberg

Dan Dalenberg has been training for strength since 2003. In 2010, Dalenberg connected with Brian Carroll and began using the 10/20/Life system to build to an 800-pound squat, 500-pound bench press, and 710-pound deadlift in the 242 class. You can see his training log at powerrackstrength.com.



Ingrid Barclay

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Dr. Chris Lockwood has held a leadership position in almost every facet of the fitness and supplement industries — from marketing to media to clinical research (with 22 published studies to his credit). An expert on the physiological effects of protein, Lockwood has helped develop some of the most highly regarded supplements on the market.



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Sean Harley is a certified fitness trainer and an IFBB Men's Physique Pro. As a fitness model, he has been on covers of numerous magazines, including *Iron Man*. In 2009, he won the Bodybuilding.com BodySpace Spokesmodel competition and he currently owns iThink Fit Gym in Omaha, Nebraska, US.

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Cat Begovic, MD

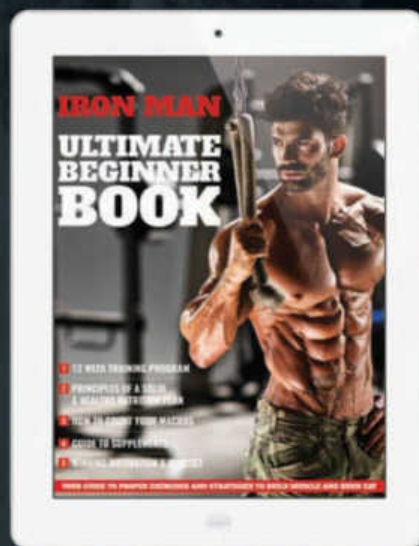
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Vance Ang

Vance Ang has written for *Iron Man* for 10 years and is considered a doyen of the Australian bodybuilding and fitness industry. His academic background is in law and political science but his heart has always been in bodybuilding.

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Obesity conundrum

Recent research drawing on data from across five decades has shed more light on the obesity conundrum. Research published in *Obesity Research and Clinical Practices* looked at data from the (US) National Health and Nutrition Survey between 1971 and 2008, noting that over that time, BMI, total caloric intake and carb intake increased by 10–14 per cent while fat and protein intake went down by five-to-nine per cent. Between 1988 and 2006, though, physical activity actually increased by 47–120 per cent. Despite this, researchers found that “for a given amount of caloric intake, macronutrient intake or leisure time physical activity, the predicted BMI was up to 2.3kg/m² higher in 2006 than in 1988 in the mutually adjusted model”.

In other words, for someone eating the same and doing the same physical activity as a person 30 years ago, their BMI was still more likely to be higher.

The researchers concluded that, “Factors other than diet and physical activity may be contributing to the increase in BMI over time,” and recommended more research into the area.



BURN FAT WITH METABOLIC STRESS

When it comes to exercise for fat loss, weights really do come out on top.

A recent review found that resistance training was more effective than endurance training for burning fat. In fact, it found that resistance training alone was better at producing fat loss than a combination of endurance and resistance training. In particular, resistance training that is performed in a “progressive training volume of two-to-three sets for six-to-10 reps”.

This doesn't mean that endurance training was not effective entirely. On the contrary, endurance training was more effective if performed at a high intensity — above 70 per cent VO₂max — or as interval training rather than steady-state low-to-moderate cardio.

The author concludes that the focus when trying to lose body fat, “should be on producing a large metabolic stress (as induced by RT or high levels of ET) rather than an energetic imbalance for adults who are overfat”.

The review and meta-analysis was published in the *Journal of Diabetes and Metabolic Disorders*.

KUDOS TO SUZ

A huge congratulations goes out to *Iron Man* contributor Dr. Susan Baxter, who recently won the NZIFBB's Overall Bikini title at the New Zealand's Northlands Championships. This win qualifies her to compete at the Arnold Classic Australia in March, 2016. See you there, Suz!

You can read Suz's article on plateaus on page 48 of this issue.



Pip Wilson



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LEGEND SPEAKS OUT FOR KAI

In the confusion that followed Kai Greene's sudden announcement that he would not be competing at the 2015 Mr. Olympia, social media was a vortex of rumour, gossip and conjecture. Out of this fray, however, came one interesting perspective from an unexpected source: eight-time Mr. Olympia Lee Haney.

"As an eight-time Mr. Olympia, I am troubled and heartbroken by what has transpired with Kai Greene not being allowed to enter the Mr. Olympia," Haney posted to Facebook. "Business as usual has dealt another life-altering blow to one of professional bodybuilding's greatest and respected athletes. The blood and sacrifice of many of us dead and alive within the bodybuilding world cries out for change and compassion."



John Baik

The bodybuilding legend went on to say that the hardline approach to dealing with athletes by promoters needed to change, asking "What is the cost of

honouring a professional athlete with concessions to promote his business ventures when revenue is being generated by the likeness of the athletes?"

This sentence likely influenced by the rumour that Kai's business interests were part of the reason for his sudden withdrawal from the competition.

"My stand is with each and every body builder that sacrifice his or her body, time, and finances in hope of becoming a professional athlete one day with the end results being worth it," Haney said. "It's seldom to see change welcomed by those who benefit from things staying the same. In order for the world of professional bodybuilding to continue to grow, there must be room at the table for everyone."

For our full Olympia report, see page 66.

Don't be a quitter

There's no need to quit sugar. A recent meta-analysis looking to investigate the impact of sugar consumption on health found that there's nothing particularly bad about the sweet stuff.

The researcher found, from looking at the research, that "fructose has no specific adverse effects relative to any other carbohydrate" and that recent reports have found no adverse effects on "consuming beverages containing up to 30 per cent energy requirement sucrose or HFCS (high-fructose corn syrup)".

The analysis did note that it's possible that too much sugar might have a negative effect on cardiovascular disease and type-2 diabetes, as well as contribute to obesity, so it's still a topic of some controversy. The researcher noted

that there were no blind studies that matched subjects in terms of macronutrients and fibre, nor was there much in the way of data about whether the form of sugar consumed has an effect on weight gain.

The research was published in *Critical Reviews in Clinical Laboratory Sciences* in September.



NIGHT ATTACK ON ITS WAY

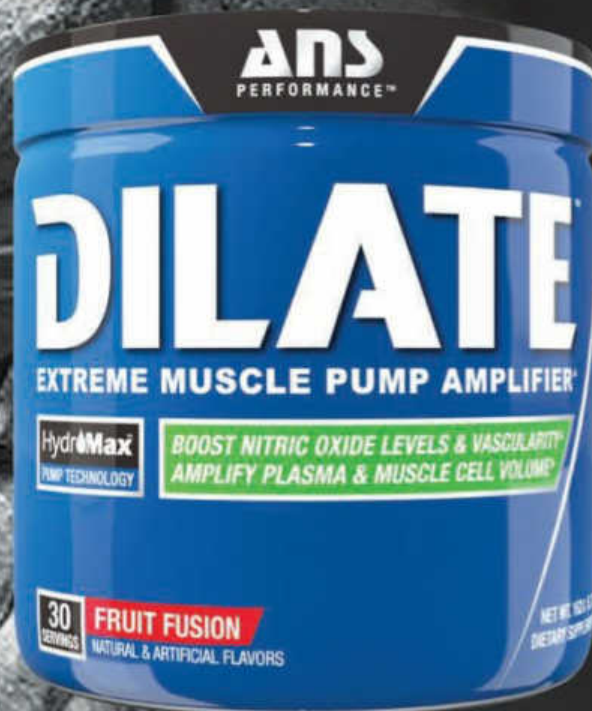
For the first time ever, the Night Attack obstacle course will be run as part of the Arnold Classic Australia in March next year. Night Attack is a five-kilometre military-inspired night-time course with obstacles including the 'Arctic blast' (jumping into ice water), four-metre A-frame climb, commando crawl under barbed wire, the 'spider's web' (a strobe-lit ropes obstacle) and finally a slippery ramp climb.

Night Attack is also running on the Gold Coast in December.

Registrations are currently open, so to sign up or for more information, visit www.nightattack.com.au.

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Limited stock will be arriving in Australia soon, so for more information, visit www.elitedistributors.com.au.

A pill to replace exercise?

It sounds like science fiction but scientists are working on creating a pill that replicates the benefits of exercise.

Researchers from the University of Sydney and the University of Copenhagen believe they have created a blueprint of the molecular reactions to exercise. Published in *Cell Metabolism*, their research shows that there are 1000 changes in the body associated with exercise. The plan from here is to identify the most significant biological processes affected by exercise in order to create medication to replicate exercise's effects.

The researchers studied the before- and after-exercise muscle biopsies of four healthy males to come up with the map. The exercise consisted of 10 minutes of all-out cycling.

This drug, which the researchers say is still at least a decade away, would not be aimed at gym rats but the elderly, obese and those suffering from diabetes and cardiovascular disease who cannot exercise safely.



SWEET NOTHING

You might have heard that diet soft drinks are just as bad for you in the long run as the full-sugar stuff, but a recent investigation found differently.

A meta-analysis recently published in the *International Journal of Obesity* looked at relevant studies concerning low-energy sweeteners and found that consumption of artificial sweeteners leads to reduced energy intake and body weight. Perhaps the most interesting part of the survey was the result that diet beverages actually performed better than water when it comes to weight loss.

"Despite worries of changes in the gut flora and other potential ill effects, the body of evidence shows that sugar substitutes lead to less weight gain or even weight loss compared with their high caloric sibling sugar," the authors said. "With this in mind, we don't promote their usage in high amounts — only when the choice is between a sugar-sweetened beverage and its diet counterpart."

HIGH-PROTEIN HIGHS

Not that you needed more evidence that high protein was the way to go for improved body composition, but here it is anyway.

A new study published in the *Journal of the International Society of Sports Nutrition* looked at the effects of high protein intake in conjunction with resistance training.

Jose Antonio and co-authors took 48 healthy men and women who all had some resistance training experience. One group consumed a 'normal' level of protein, while another consumed a 'high' level of protein while completing a split-routine, periodised heavy training program over a period of eight weeks.

The researchers found that the normal protein group gained significantly more body weight than the high protein group, whereas the high-protein group had a greater decrease in fat mass and percentage of body fat. Both groups, however, got stronger over the training period.

"Consuming a high protein diet (3.4 g/kg/d) in conjunction with a heavy resistance-training program may confer benefits with regards to body composition," the study concludes. "Furthermore, there is no evidence that consuming a high-protein diet has any deleterious effects."

Now, some of these results were reached using self-reporting, which are susceptible to misreporting or unintentional errors, but overall the study is just another piece of evidence showing the benefits of a high-protein diet.

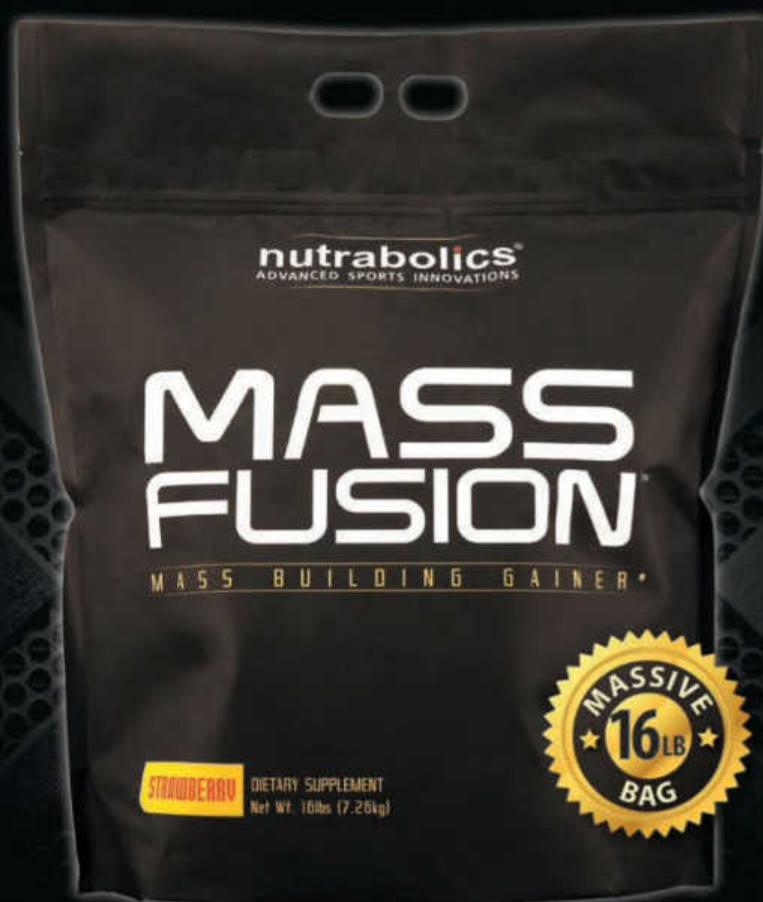


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Mr. Universe at the Worlds

Calum von Moger performed a guest pose at the WFF World Championships in South Africa in early November. The Australian is the 2015 WFF Mr. Universe, currently on a streak, and also gave an athlete seminar and workshop after the performance.

The boy from rural Victoria continues to make waves in both the fitness industry and the mainstream media, appearing on Channel Ten's *The Project* in the studio for the first time when he was briefly home in Australia in October.



GOOD KAHMA

Now this one is quite the stunner. The WFF recently sanctioned a competition called The Kahma Classic, to be held in Hoppers Crossing, Victoria, on March 26, 2016. The clincher here is that the major prizes for the Overall WFF winners include scooters, a motorbike and a car! This is really quite an amazing prize pool for competitors and certainly a worthy incentive for competitors to shine. More information on this can be sought via nabba.com.au or [facebook.com/NABBAWFFAustralia](https://www.facebook.com/NABBAWFFAustralia).

A TOAST TO THE HOST

A congratulatory shout out to INBA Queensland president Jason Woodforth, who was recently appointed Australian Judging Director by the INBA. Jason is highly regarded not just by his federation but also his peers, who recognise Jason as an

innovative, intelligent and highly capable professional. One of his most memorable feats was promoting the Natural Olympia in 2009 on the Gold Coast, which was the world's largest natural event at the time. The INBA website put it best, saying, "One of our key strengths was recognised as our amazing zeal to make sure the judging is as accurate as humanly possible. The decision was taken to become even more professional in our approach and as a result the role of Australian Judging Director was created and Jason unanimously voted in." Congrats, Jason!



Darren Burns



ARNIE'S EXPENDABLE IDEA

The Expendables was a breath of fresh air (well, excluding the disappointing third) that was the brainchild of Sylvester Stallone; however it appears that the Austrian Oak might have already had a similar idea years before the Italian Stallion. In an interview with British television's Johnny Vaughan in 1999, Arnold proposed the idea of an ensemble-style film, citing *The Dirty Dozen* as inspiration. Arnold was quick to add his own dream team, putting forward names like Kevin Costner, Tom Hanks and Tom Cruise. Though Stallone may have spearheaded this popular franchise in 2010, it seems that Arnold had predated his concept by more than 10 years!

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The Piston Squat

By Daniel Dalenberg

The squat is the king of leg development and power, used by bodybuilders, powerlifters, and a myriad of athletes and gym rats. Every visit to a different gym will bring a new and slightly different view of the squat with countless variations as lifters of all types adapt the movement to fit their goals.

Regardless of the end goal, whether it's bigger, better-looking quads or a stronger, more powerful squat, the piston squat is an excellent accessory movement to build the upper leg and overall lower-body strength. Performed much like a traditional back squat, the piston squat uses a slightly shortened range of motion to keep the stress in the leg muscles and away from the joints. The movement is cut short, stopping just above parallel and not quite locked out at the top. This is not a competition movement; squatting deep is not the focus here.

This piston squat should be performed in a quick but controlled manner. The main objective is to work the quads, with longer time under tension and strong muscle contractions. The amount of weight used is not important, but most lifters will find that somewhere between 45 and 60 per cent of their one-repetition maximum will be appropriate. Excessive fatigue will almost always lead to technical breakdowns in barbell movements, potentially placing the spine at risk. To avoid a form

malfunction, keep the piston squat in the five- to eight-rep range. This is enough volume to put plenty of work into the quads but not so much that you end up with a rounded back and turn this lift into some kind of ugly good morning variation.

The piston squat can be implemented in a variety of ways into one's training program. You can use it as a main movement and push the volume and intensity a bit to get a good start to leg day, or you can use it as an assistance lift for extra quad work. Some athletes do the piston squat at the end of their leg training as a brutal and effective finishing movement. However you choose to use it, remember these cues to get through the exercise both safely and efficiently:

- 1. As with any squat**, the most important cue is to get into the 'lifter's wedge'. Keep your head and chest up, your lats tight and retracted and pulled down, and the trunk braced hard before ever unracking the weight.
- 2. Take a big belly full of air**, pushing out with the stomach and bracing the trunk as stiffly as possible.
- 3. Unrack the weight with both feet** firmly under the bar. Try to keep the walk-out as simple as possible by taking only two or three steps back to get set.

4. Take a moderate to narrow stance with the feet set about shoulder-width apart. The toes should be pointing almost straight forward.

5. Initiate the piston squat by performing a hip hinge. Start the lift by moving the hips backward. The knees should not break first, and they should not travel forward over the toes.

6. Squat back and down until you are slightly above the parallel squat position. Then drive through the heels, leading with your chest and shoulders until you're standing almost completely erect.

7. Remember, don't fully lock out each rep and don't quite squat to parallel or below. Move at a quick but controlled pace.

8. Keep the elbows pulled down and close to under the bar throughout the lift. This will help keep the chest up and the spine in a proper arched position.

9. This squat variation can be performed with or without a belt. If a belt is to be used, brace the belly hard against the belt.

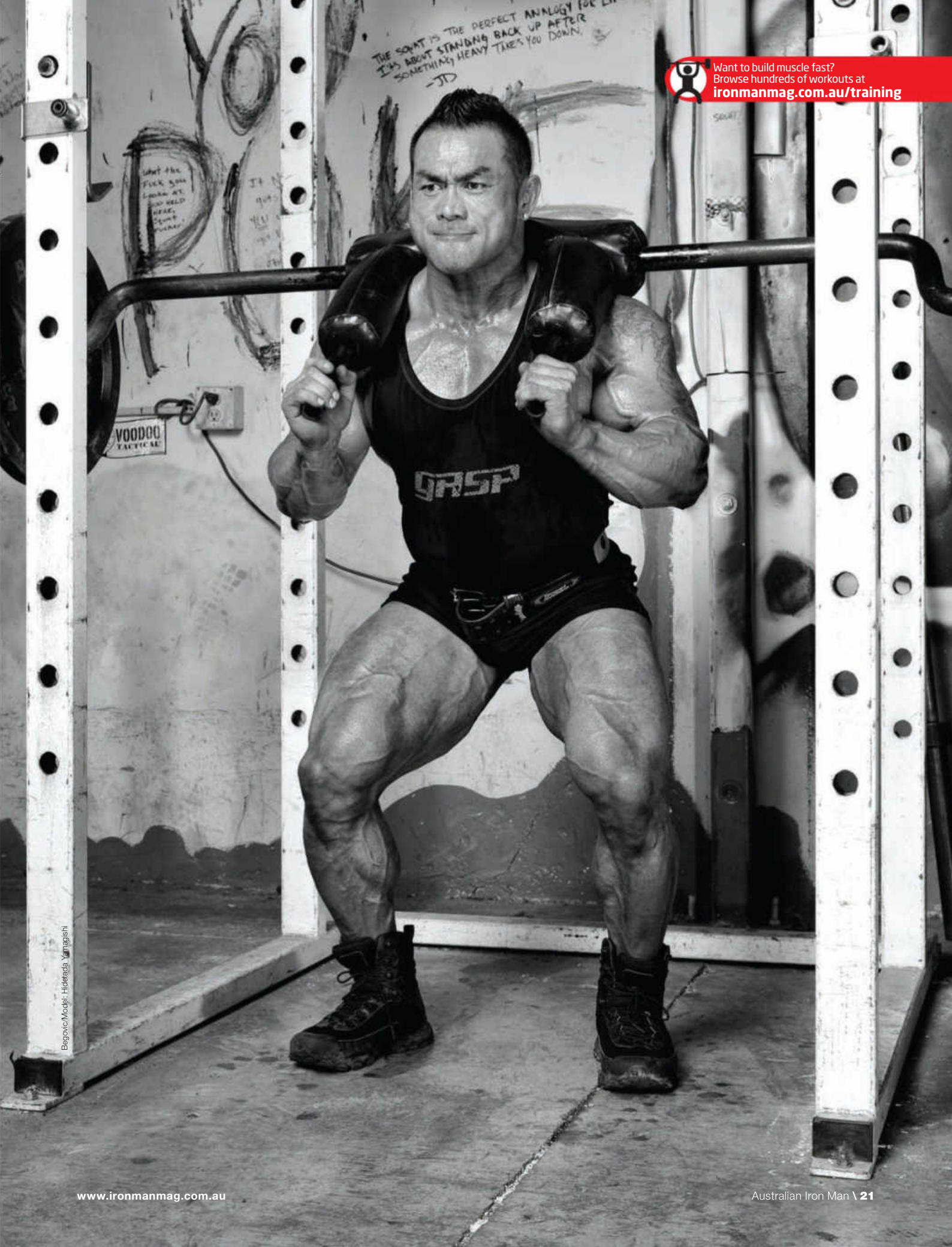
10. Keep the number of reps low enough so that your technique remains perfect and you do not lose the lifter's wedge positioning. Again, this will likely be in the five- to eight-rep range.

11. Focus on the muscle and the movement, not the pounds on the bar. This lift is meant to be a quad builder. It's not an exercise to move big weights and prove how strong you are.

Regardless of the end goal, whether it's bigger, better-looking quads or a stronger, more powerful lift, the piston squat is an excellent accessory movement to build the upper leg and overall lower-body strength.



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Begovic/Model: Hiderada Yamagishi

Elevation Consternation

By Daniel Hedger

Training raises the level of certain hormones in the body. But does that carry over to muscle growth?



You have probably heard the idea that lifting weights helps you build muscle partly by raising the levels of natural testosterone and growth hormone. It's a widely believed and repeated idea, but what does the research say?

Researcher Daniel West, as a PhD student at McMaster University in Canada, had a particular interest in this topic, heading up at least three different studies reaching similar conclusions.

In 2010¹, West and other researchers looked at different training conditions for the arms and legs — one designed to maintain basal hormone concentrations and another designed to raise them. The lifting program designed for raising hormone levels did work significantly to raise serum GH and IGF-1 but participants had similar strength and muscle size gains. They concluded that elevations in “endogenous anabolic hormones enhances neither muscle hypertrophy nor strength”.

West's 2011 study² measured the post-exercise hormonal response of 56 young men who had been training five days a week for 12 weeks. Although participants did gain muscle and strength from the training, their levels of testosterone and GH were not correlated to it. Most strangely, the researchers actually found that cortisol — the muscle breakdown hormone — was weakly correlated with muscle gain.

As Stuart Phillips, a professor in the Department of Kinesiology at McMaster University, and one of the study's authors said, “The idea that you can or should base entire exercise training programs on trying to manipulate testosterone or growth hormone levels is false... There is simply no evidence to support this concept.”

West's 2012 study³ looked at differences between men and women's hormonal responses following intense leg exercise. Though men naturally have a higher level of testosterone and male participants had a post-exercise

Neveux

Researchers concluded that “post-exercise increases in circulating hormones are not related to hypertrophy following training”.

The results showed that there was “no relationship” between the exercise-induced changes in free testosterone, growth hormone and IGF-1 concentration and hypertrophy.

testosterone response 45 times higher than the women, the researchers found that both sexes were actually able to stimulate muscle protein synthesis at the same rate.

“While testosterone is definitely anabolic and promotes muscle growth in men and women at high doses, such as those used during steroid abuse, our findings show that naturally occurring levels of testosterone do not influence the rate of muscle protein synthesis,” said West.

This is an important point to remember: these studies have been carried out on natural participants for application by unenhanced trainees. It's a whole different ball game for non-natural lifters, who have elevations of steroid hormones in their bodies from outside sources.

Other studies have found the same results as Daniel West. In a 2013 study⁴, also from McMaster University, researchers took 23 males and had them complete four resistance training sessions per week for 16 weeks. Throughout that period and afterwards, measurements of serum hormones, cytokines and muscle biopsies were taken. The results showed that there was “no relationship” between the exercise-induced changes in free testosterone, GH and IGF-1 concentration and hypertrophy, leading the researchers to conclude that “post-exercise increases in circulating hormones are not related to hypertrophy following training”.

Don't despair, though. This research obviously doesn't mean training is useless, just that muscle protein synthesis happens by other means. Don't forget, there are still general health benefits to exercise-induced hormone elevations. Decreased GH in the elderly and obese is associated with many poor health effects⁵ and people treated with testosterone and GH at various ages experience favourable health effects⁶. It might not even particularly matter what type of exercise a person does; growth hormones have been shown to become elevated following aerobic exercise. In fact, one 2014 study⁷ found that there was actually higher GH secretion from aerobic exercise compared to resistance exercise, which was no different from the control group.

What can you actually do with this information? Perhaps not all that much on a day-to-day basis. But maybe don't get too worried about trying to capitalise on training regimes that ‘maximise hormone responses’. Just focus on your training and nutrition and let the hormones do their thing.

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DO YOU KNOW SQUAT?

No other exercise recruits the sheer number of muscle fibres and stimulates as much growth and adaptation as a correctly performed squat. But for some lifters, the back squat feels like absolute hell. If you're one of those people, a new study shows that you can get similar benefits from a lighter front squat as you can from a gut-wrenching eyeball-popping back squat. Research published in the *Journal Of Applied Biomechanics* showed that when scientists measured the muscle activation in the upper and lower glutes and the quads during 10 repetitions of both a front squat and back squat, they found no significant difference. So if the front squat makes you feel just a little less like you're dying on leg day, feel free to swap it in. The scientists warned, though, that to get the full benefit of either squat, the full range of motion must be achieved.



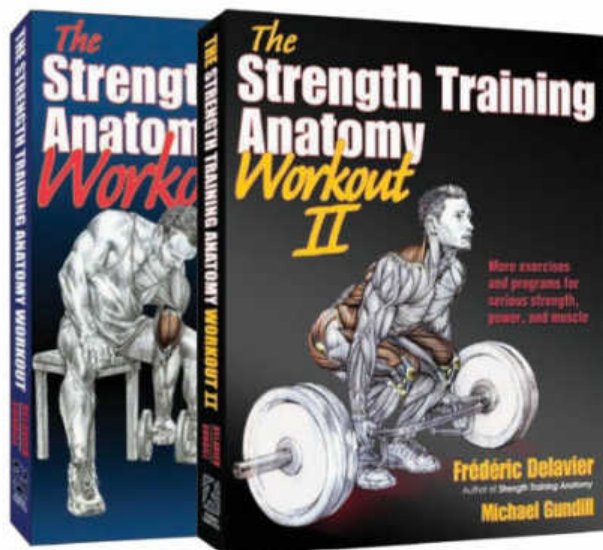
Muscle for mental health

Age-related decline, be it mental or physical, is a brutal fact of life, the price you pay for taking so many trips around the sun. An exhaustive research review, the findings of which were published in the journal *Current Osteoporosis Reports*, recently established a connection between maintaining muscle mass and strength into your twilight years and staving off mental disorders such as depression and anxiety. Scientists hypothesise that muscle mass and brain function must share some common pathophysiological pathways, and that robust skeletal muscle somehow nourishes the growth and health of neurons in the brain. Don't view your trips to the weight room as part of a young man's lifestyle or something you'll outgrow. This is just one more piece of a mountain of evidence to show that muscle is the key driver in vibrant longevity.



FINISH STRONG

If you like to train for strength — think big compound movements in the four- to six-rep range — try capping off your manly sets with a light-weight finisher. Sports scientists at the University of Tsukuba put two sets of male athletes through four weeks of workouts in which the subjects trained with 90 per cent of their one-rep max. One group did an extra set of the same exercises, but this time it was for high reps with just 60 per cent of their 1RM. After four weeks, the group that did the 'finisher' set experienced greater gains in their 1RM as well as a greater increase in muscle mass as compared to the group who did not do the high-rep set. Additionally, the group who did the finisher set also enjoyed a greater surge of growth hormone in the 60 minutes following the workout.



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HEAVY AND LIGHT FOR GAINS

Everyone has argued at some point about whether heavy or light weights are the best way to build muscle mass. Recent research says, why not both?

Researchers took 18 young men with training experience and had them perform either a low-load routine (lighter weight), using 25–35 reps per set per exercise, or a high-load (heavier weight) using 8–12 reps per set per exercise. Both groups performed three sets of the same seven different exercises and did the routine three times a week for eight weeks. The results showed that both high-load and low-load training are effective for increases in hypertrophy, while high-load training is superior at strength increases.

The research was carried out by Brad Schoenfeld and Bret Contreras (both coming to Australia for the *Iron Man*-sponsored Bropocalypse 2016) as well as other researchers and published in the *Journal of Strength & Conditioning Research*.

Reference: Schoenfeld, BJ et al. (2015.) 'Effects of Low- vs. High-Load Resistance Training on Muscle Strength and Hypertrophy in Well-Trained Men.' *Journal of Strength & Conditioning Research*, October 2015 - Volume 29 - Issue 10 - p 2954–2963
doi: 10.1519/JSC.0000000000000958



Neveux



Ever wondered whether the best training split separates the body parts completely or hits them multiple times a week? So did eight-time Mr. Olympia Lee Haney, who at one point was using a standard push/pull/legs split, which was quite popular in his day. His three days on/one day off split looked like this:

Day 1: Chest, shoulders, triceps

Day 2: Legs

Day 3: Back, biceps

However, Haney's shoulders were getting hurt from essentially hitting the shoulder joints three times on day one when he did chest, shoulders and triceps. So he decided to change things up and started a split that looked like this:

Day 1: Chest, biceps, triceps

Day 2: Legs

Day 3: Shoulders, back

This was more of a heavy day/light day system, as well as spacing out the time between muscle groups, all of which helped his muscles to recover much better than on his original program. And the rest is history.

ENERGY BURNING

If you've ever heard anyone say they have a 'slow metabolism', that might just be a person looking to make excuses — or at least misunderstanding the topic.

A 2004 review looked at variability in energy expenditure and found that the variation in the components of total daily energy expenditure (TDEE) is around five-to-eight per cent for resting metabolic rate. What this means is that most people actually have very similar resting metabolic rates.

However, the review did find that there is considerable variability when it comes to total daily energy expenditure because of the level of non-exercise activity people do — i.e. everyday physical activities that aren't training in the gym. For some, like tradies or labourers, their non-exercise activity might be quite high, but for others, like office workers, their non-exercise activity per day might be much lower.

So, take a closer look at how much energy you're burning per day and you might be surprised. 

Reference: Donahoo, WT et al. (2004.) 'Variability in energy expenditure and its components.' *Current Opinion in Clinical Nutrition and Metabolic Care*, 2004 Nov;7(6):599–605.



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Perfect Physique Nutrition

The Five Best Berries for Your Body

By Christopher M. Lockwood, PhD, CSCS



If there's one piece of nutrition advice that I'm certain you've been told, have read about, or maybe have even passed along to others, it is that you should avoid fruit when trying to get lean. The advice stems from research that implicates fructose — aka fruit sugar — and high-fructose sweeteners as stimulating fat gain and not providing a suppressing effect on food intake when consumed. Despite such data never using whole fruit as the delivery form of fructose, ad hominem bro reasoning has led to the Neanderthal-like reaction of "Fructose bad. Fructose is fruit sugar. Fruit bad." Instead, research shows that digestion rate and source of fructose, not the total amount of naturally occurring fructose, is the real problem.

One very good reason physique athletes shouldn't stop consuming fruit is because certain fruits — namely berries — are some of the richest food sources of polyphenols, which have been shown to provide a host of benefits critical to developing muscle and reducing body fat. A few other good reasons to eat berries are:

- Reduce the glycemic effect of otherwise high-glycemic foods (improve carbohydrate metabolism)
- Improve insulin sensitivity, insulin secretion and fasting blood glucose
- Reduce inflammation and accelerate healing/recovery
- Increase antioxidant capacity, and reduce reactive oxygen species and tissue damage
- Improve gut microbiota
- Increase beta-oxidation in fat tissue and decrease fat storage
- Improve brain function
- Protect against certain cancers
- Improve cardiovascular function and fitness
- Increase nitrite conversion to nitric oxide (NO)
- Reduce the physical and visible effects of aging or sun exposure

Begovic/Model: Ryan Terry



Berries are also a low-glycemic, high-fibre, and high-vitamin and mineral source, which makes them pound for pound (or gram for gram) some of the most powerful and nutrient-dense foods you can consume. Though there are many great berries all over the world, following is a list of the five best berries to improve your aesthetics that are available at almost any grocery store.

One very good reason physique athletes shouldn't stop consuming fruit is because certain fruits — namely berries — are some of the richest food sources of polyphenols, which have been shown to provide a host of benefits critical to developing muscle.

Black chokeberries (*Aronia melanocarpa*)

A drought-, insect-, and disease-resistant ornamental plant native to North America, the black chokeberry ranked as the highest polyphenol-containing fruit and seventh overall polyphenol-containing food within a list of 100 polyphenol-rich foods and seasonings. Of the total polyphenols present, procyanidins are the most predominant, which may explain why black chokeberries are so effective at reducing inflammation, increasing antioxidant capacity and immune system function, improving brain function, and positively affecting health. Consistent with findings that polyphenols can boost metabolic activity, a pilot study found that 150 milligrams per day of a concentrated chokeberry powder increased body temperature and circulating norepinephrine in women. Chokeberries also provide about six per cent of their fresh weight as fibre and are a great source of potassium, niacin, pantothenic acid, and the carotenoids beta-carotene and beta-cryptoxanthin.



Blueberries (*Vaccinium angustifolium*)

Otherwise known as the wild or lowbush blueberry, this fruit yields about 45 calories per 100 grams, is very low-glycemic, and provides up to 304 milligrams of total polyphenols per 100 grams of fresh berries. Unlike the other fruits, blueberries are amongst the highest sources of hydroxycinnamic acids (chlorogenic, coumaric, caffeic, and ferulic acid) and are unique because of the range of different types of anthocyanins they contain. Consuming blueberries or blueberry concentrates have been shown to significantly improve exercise recovery, reduce oxidative stress, increase the rate of peak muscle force recovery following muscle damage-inducing exercise, and increase markers of immune system health. At the cellular level, blueberry polyphenols have been shown to protect muscle cells from oxidative stress-induced catabolism.

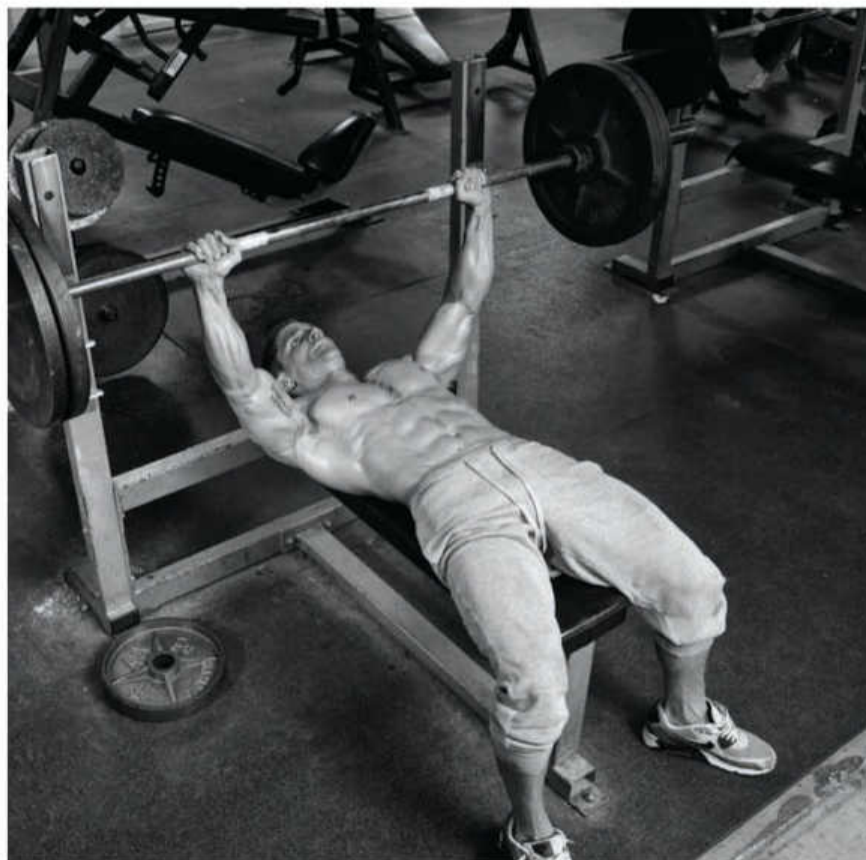
Blackberries (*Rubus fruticosus aggregate*)

As its dark black colour indicates, blackberries are very high in anthocyanin polyphenols. Approximately 80 per cent of the total anthocyanins found in blackberries is in the form of the potent anti-cancer agent cyanidin-3-glucoside. That's important to bodybuilders because just 0.16 per cent of ingested anthocyanins are excreted in the urine when healthy adults have consumed 200 grams of fresh blackberries. A rodent study answered the question of tissue distribution of ingested anthocyanins from blackberries: the prostate, testes, heart and adipose tissue are the predominant tissues where cyanidin-3-glucoside is deposited. It's yet to be studied, though, if consuming blackberries offers some specific support to testosterone, sperm health or prostate function. Per 100 grams of fresh blackberries, this fruit is also a great source of dietary fibre (5.3

grams), vitamin K (19.8 micrograms), vitamin C (21 milligrams), and copper (165 micrograms), and contains some of the lowest amounts of sugars of all of the berries (4.3 grams).

Blackcurrant (*Ribes nigrum*)

This genetic relative of the gooseberry has one of the highest reported concentrations of anthocyanins of any plant — over three milligrams per one gram of fresh currant, or more than 85 per cent of the berry's total phenolic compounds. Very little of consumed anthocyanins are absorbed within the small intestine, but instead are metabolised within the large intestine where these polyphenols have been shown to be potent prebiotics. Specifically, anthocyanins have a positive impact on the growth of the beneficial microbiota *Bifidobacterium* spp., *Lactobacillus* spp. and *Enterococcus* spp., which is probably at least partially responsible for the anti-inflammatory and reduced fat accumulation response attributed to polyphenol-rich diets. For example, in lean and obese mice, concentrated blackcurrant was shown to reduce body weight gained and improve glucose metabolism and gut health when fed a high-fat diet for eight weeks.



Begovic/Model: Jason Wiltrock

In a rodent study in which rats were fed a high-fat diet for 90 days or the same diet plus freeze-dried cherries, the cherry-fed rats realised a significant reduction in abdominal fat and per cent body fat, inflammatory markers, and blood cholesterol.

Dark sour cherries (*Prunus avium*)

Native to parts of Eurasia, the Middle East and Europe, the dark and sour varieties of *Prunus avium* are an excellent vasodilator, anti-inflammatory, antioxidant, and nighttime recovery food. Reported to contain high and very bioactive concentrations of anthocyanins and chlorogenic acids, the sour cherry has also been shown to contain up

to 13.5 micrograms of melatonin per one gram of fresh cherries. So a little more than one cup of cherries could deliver a minimally effective dose of melatonin to help improve sleep quality and nighttime recovery. But the high polyphenol concentration of cherries may do far more for your physique than help you recover. In a rodent study in which rats were fed a high-fat diet for 90 days or the same diet plus freeze-dried cherries, the cherry-fed rats realised a significant reduction in abdominal fat and per cent body fat, inflammatory markers and blood cholesterol.

Note: *The botanical classification of berries and what are generally or commercially identified as berries are quite different. For example, tomatoes, grapes, all citrus fruits and even bananas are technically classified as berries, whereas raspberries and blackberries fall into what are called aggregate fruits. For this article, I've taken liberties to stick to the commercial categorisation, which is to say the fruits with names that end with '-erry' (e.g., blueberry, cherry, et cetera).*



LAMB WITH SPINACH SALAD

My good friend Jacina, my housemate Sean and I often catch up for a mid-week dinner and this last week's get-together was cause for celebration. Jacina put the finishing touches to my online store and we were able to finally launch it after many weeks of tweaking to get it just right. Our Wednesday celebration dish was a spur-of-the-moment creation that satisfied all of my criteria for a special meal: bursting with flavour, colour and texture, quick and easy, packed with nutrition and lovely to look at. I did do a little pre-prep to meet the 'quick and easy' component!

Ingredients

Lamb:

- 600g lamb steaks
- 1 tsp rosemary, finely chopped
- 1 tsp garlic, minced
- 2 tsp seeded mustard
- Olive oil spray

Salad:

- 200g pumpkin, cut into 2 cm dice
- 2 red onions, sliced thinly
- 40g slivered almonds
- 2 tsp honey
- Juice of one large or two small limes
- 100g baby spinach leaves
- 1 avocado, cut into 1 cm dice
- 80g low-fat feta, cut into 5mm dice
- 2 tsp olive oil

Method

1. Pre-prep for salad. (This can be done early in the day, or the day before, to make dinner prep nice and easy.)
2. Heat oven to 180°C, drizzle olive oil into a roasting tray and place in oven until hot.
3. Remove tray and add pumpkin. Return to oven and cook until tender, turning during the cooking.
4. Spray an oven tray with olive oil spray and heat in oven as above. When hot, add onions to tray and return to oven.
5. As onions begin to brown and stick, add a splash of water and stir them. Continue this process until the onions are very brown, soft and aromatic. The onions and the pumpkin should be ready at around the same time: 20-30 minutes depending on your oven's individual quirks.



Supplied

6. While pumpkin and onions are cooking, add almonds to a small oven tray and cook until nicely browned. Remove and cool.

Lamb.

1. Place lamb steaks between a double thickness of cling wrap and tenderise with a meat mallet (or you can ask your butcher to do this for you).
2. Mix mustard, rosemary and garlic and rub onto steaks.
3. Spray a non-stick pan with olive oil spray and heat to medium. Add lamb steaks and cook until brown on one side. Turn only once!
4. Take lamb out of the oven and rest steaks for a couple of minutes prior to serving.
5. Heat honey in microwave until it is runny. Add lime juice.
6. While steaks are cooking and resting, combine all salad ingredients, including lime juice and honey, tossing gently to avoid breaking up the pumpkin.
7. Serve generous portions of salad topped by lamb steaks.

Chef's notes

- Lamb could be replaced by lean beef, lean pork, kangaroo or chicken breast.
- Sweet potato would go well instead of pumpkin and your favourite nuts instead of almonds.
- Ensure lamb is not overcooked to maintain tenderness.
- Dice avocado just prior to tossing salad as it will turn brown very quickly without the dressing.

NUTRITION (per serve)

Energy	1400kJ
Protein	29g
Fat	21g
Carbohydrate	6g
Sodium	246mg

FOOD FACTS



Orange juice should be a part of your breakfast. A study from Vanderbilt University showed that drinking three glasses of fruit or vegetable juice every week cut the risk of memory loss by 76 per cent.

Resveratrol, the compound in red wine believed to be responsible for its health benefits, appears to boost endurance. A study published in *Cell* found that resveratrol-supplemented mice could run double the distance of the mice not given the supplement.



Bacon contains no trans fat but it does contain thiamine, vitamin B12, zinc and selenium, vital nutrients the body does not naturally produce.



Vitamin D deficiency may be one of the biggest cancer triggers. More than 1000 studies show a link between a lower risk of cancer and vitamin D. In fact, low levels of vitamin D may produce up to a 70 per cent increase in the risk for prostate cancer and double the risk of colon cancer. Get some sunshine so your body can make more vitamin D — and/or use supplements.



Sage Ross

True Flood

By Gabriel Wilson, PhD, CSCS

A breakthrough in arginine supplement technology brings us one step closer in the quest for the ultimate vein-stretching muscle pump.

The pump is one of the greatest feelings in the world. Your muscles expand, your veins dilate and your physical appearance drastically improves. But a good pump isn't just for short-term aesthetics. Enhanced blood flow to your muscles helps speed recovery by transporting vital anabolic nutrients that support superior gains in the gym. This is why athletes commonly search for blood flow-enhancing agents that can take their pumps to the next level.

At the centre of any good blood flow-stimulating formula is arginine. This amino acid is used to produce nitric oxide, the key molecular signal in our veins that controls and regulates blood flow. But you may be surprised to learn that research supporting the benefits of arginine supplements is scarce, with some studies showing little to no enhancement in blood flow with supplementation. This has largely been attributed to arginine's poor bioavailability and rapid breakdown in the body. So the amino acid contained in most nitric oxide (NO) formulas on the market today actually has less-than-optimal results on NO production and hence, blood flow.

However, a new and extremely effective form of arginine has been developed to increase nitric oxide levels. This compound is called Nitrosigine. This inositol-stabilised arginine silicate is shown in scientific studies to significantly boost nitric oxide in the body. Pre-clinical research has shown Nitrosigine to be superior to traditional arginine-boosting products, eliciting up to five times greater increases in blood flow. These results were validated in a 2014 human clinical trial demonstrating the ability of Nitrosigine to significantly increase nitric oxide levels.

Even more impressive, a recent ground-breaking clinical study at the Miami Research Associates Laboratory in Florida showed that

Nitrosigine can create massive muscle pumps among weightlifters and can even improve energy, focus and concentration, plus expedite recovery. Sixteen male subjects (ages 19 through 33) participated in a double blind, placebo-controlled, crossover study in which they ingested either 1.5 grams of Nitrosigine or a placebo for four days. During this period, resistance exercise was performed after supplementation on days one and four. Results showed that Nitrosigine increased leg-muscle pumps by 225 per cent, reduced muscle damage by 39 per cent, and heightened perceived energy levels 183 per cent more than the placebo. The unique compound also enhanced focus and concentration just 15 minutes after use. In addition, Nitrosigine worked immediately after one single dose, but was even better after four days of use.

At the centre of any good blood flow-stimulating formula is arginine. This amino acid is used to produce nitric oxide, the key molecular signal in our veins that controls and regulates blood flow.

Nitric oxide-producing pathways require oxygen to operate and naturally become restricted during high-intensity anaerobic exercise. However, there are dozens of recent exciting research studies demonstrating a new and novel pathway that works independent of arginine and requires no oxygen to increase nitric oxide. Research shows that supplementation with nitrates and



Michael Neveux

nitrites can accomplish this highly desirable effect. Typically, you can find these nutrients in spinach or red beets; however, supplemental doses have been used in studies and led to very promising results.

For effective muscle pumps in the gym, you should search for supplements containing clinically the efficacious dose of 1.5 grams of Nitrosigine. Increased vasodilation leads to improved nutrient delivery to muscle tissue, increased removal of toxic by-products caused by exercise, greater muscle growth and faster recovery. To maximise the benefits of every weight-training workout, you need higher nitric oxide levels.



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Energy drink acceptance

Energy drinks often get a bad rap in the mainstream media, mostly due to irresponsible teenagers or just plain annoying people. Thankfully, the International Society of Sports Nutrition analysed dozens of studies on energy drinks and declared that they indeed have value for hard-training athletes and gym rats.

The ISSN found that energy drinks, which are typically composed of carbs, caffeine, B vitamins, and the amino acid taurine, significantly aid performance in both endurance events and weightlifting when taken prior to exercise. Improvements in mood, alertness and reaction time have also been documented.

Energy drinks seem to benefit classic bodybuilding-style weight trainers the most. They have been shown to have no benefit in tests of power and didn't help athletes perform better in a series of repeated agility drills. Zero-calorie products have been shown to impart a slight surge in fat burning through increasing resting fat metabolism, but the full-sugar versions negate that small benefit.



Quality matters

Something to consider when coming up with a nutrition plan is that the quality of foods matter, not just the macros and calories. A 2010 study looked at whole foods vs. processed foods, using cheese sandwiches as the test meal. The researchers pitted white bread and processed cheese against multi-grain bread and cheddar, with both meals comparable in terms of protein, carbs and fats. The results showed that processed foods decreased energy expenditure by nearly 50 per cent compared to whole foods, with researchers noting that this "reduction in daily energy expenditure has potential implications for diets comprised heavily of processed foods and their associations with obesity".

Reference

Barr, SB and Wright, JC. (2010.) 'Postprandial energy expenditure in whole-food and processed-food meals: implications for daily energy expenditure.' Food Nutrition Research. 2010; 54: 10.3402/fnr.v54i0.5144.



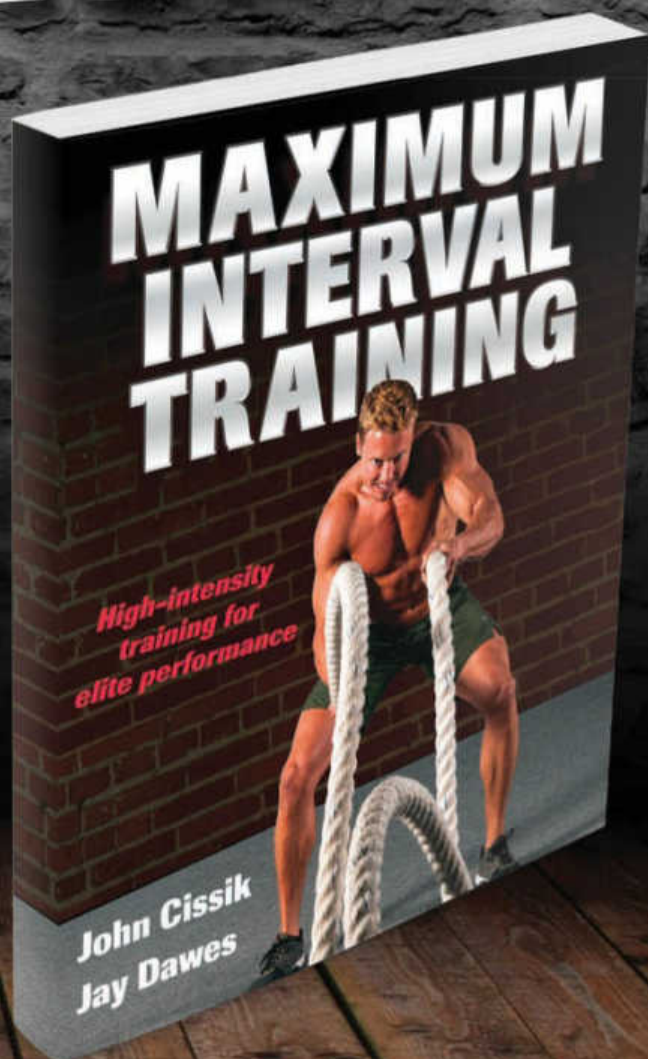
THE EXERCISE BUG



The benefits of a healthy gut, filled with wildly populating strains of friendly bacteria, seem to know no bounds. From fighting allergies to properly utilising nutrients from your food, a well-balanced personal ecosystem is key for optimal health. And it seems to be a major player in strength and conditioning as well. Researchers from the National Taiwan Sport University recently examined the link between exercise performance and varying levels of intestinal flora and fauna. In a test of endurance, animals with healthy levels of gut microbes (which, in this case, means the most microbes) showed off the best endurance, while the animals with the fewest strains of healthy bacteria performed the worst. You can boost your own bacteria levels by eating an unprocessed diet with plenty of fruits and vegetables (broccoli and berries are particularly good for the gut) and fermented foods such as yoghurt, kefir, kombucha, kimchi and sauerkraut. For probiotic supplements, make sure your daily dose has one billion to five billion colony-forming units (CFUs).

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BCAAs burn fat

If branched chain amino acids were a boy band, then leucine would be Justin Timberlake, and valine and isoleucine would be...those other guys. Leucine has received so much hype over the past few years that many people opt to take straight leucine supplements over the complete complex of BCAAs. That could be a mistake, says recent research. While leucine is a main instigator of post-workout protein synthesis, a study out of Oita University in Japan shows that isoleucine contributes to the burning of body fat. Subjects in the experiment were fed a high-fat diet. After isoleucine was added to the food, weight gain and fat-tissue growth was reduced and organs and muscle tissue showed signs of utilising more stored fat. While leucine also helps you stay lean, through raising metabolic rate, the combination of all of the BCAAs seems to possess more fat-fighting horsepower when taken together than when consumed separately. A good dose of BCAAs for strength and physique athletes is 10 grams once or twice daily.



MUSCLE-BUILDING WATER


Don't roll your eyes at the guys in the gym who carry around the gallon-sized water jugs. You might be joining them. Water is necessary for life and we know that endurance geeks need a ton of it, but it turns out that water can even be considered anabolic. A study from the *Journal of Applied Physiology* took seven bodybuilders through a squat routine in three different stages of hydration.



When the athletes were dehydrated, they experienced a significantly higher cortisol burst after training as well as a slightly blunted release of testosterone and growth hormone. This builds on research that has shown that fat cells release fatty acids more easily and muscle cells burn less protein when the body is fully hydrated. So do whatever you have to do to get your H₂O in for the day, even if it means carrying that meathead water bottle.

SMASH HUNGER

Pectin is a type of soluble fibre found in fruits and vegetables, and it might also be a secret weapon when dieting. A study, presented earlier this year at the annual conference of The Nutrition Society, showed a connection between a high-pectin and high-protein diet and significant losses in body weight. Scientists examined the effects of six different diets

on test subjects. Every group that consumed extra pectin lost weight, but the group given pectin and casein protein lost the most fat mass. On top of that, the pectin/casein group also saw their satiety hormones increase despite dropping their food intake. Muscle-friendly sources of natural pectin are apples, carrots, beets, cabbage and legumes. 



Michael Neveux

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BROAD APPEAL

This unorthodox shoulder program will wake up your delts to become bigger, stronger and healthier than ever.

By Mike Carlson • Photography by Binias Begovic

Shoulders are tricky. One of the most complex and fragile joints in the body, the shoulders are commonly misunderstood and overused all at the same time. Too often, shoulder training revolves around too much volume within a narrow plane of movement. Machine press. Military press. Arnold press. Barbell shrug. This type of repetitive behaviour not only leads to injury but to unexcited deltoids that refuse to grow.

“Most of the time, guys like to use shoulder machines, which is nullifying to the nervous system. And as a bodybuilder and hypertrophy athlete, you don’t want your nervous system to be dumb; you want to get as many motor units on the job during those movements,” says strength coach and kinesiologist Brian Richardson, the co-owner of Dynamic Fitness in Temecula, California, where he works with a wide spectrum of amateur and professional





BROAD APPEAL

ANTON ANTIPOV

AGE: 32

LIVES: New York City

PROFESSION:
Pro athlete

FAVOURITE DRINK:
Blend of lemon, apple, ginger, chia seeds, watermelon, water

GO-TO WEBSITE:
Filmdrunk.com

DESERT ISLAND EXERCISES: Pull-ups, push-ups, crunches

BINGE TV SHOWS:
Vikings, Game Of Thrones, Banshee

ULTIMATE VACATION:
French Polynesia

FAVOURITE CHARITY OR CAUSE: Team For Kids, Challenged Athletes Foundation

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antipovanton.com



athletes. “People get into a workout that is comfortable and they end up doing the same routine. However, throwing a curveball is great for the physique.”

The curveball Richardson refers to is actually a whole inning of curveballs. For one, he mixes up tried-and-true mass-building exercises, like the standing military press, with moves that place more complicated demands on the shoulder. For instance, the reciprocity shrug is a bilateral exercise in which each side is moving through a different plane. It involves the deltoids as well as the rotator cuff, the postural muscles and several core muscles with serious aesthetic currency, such as the obliques, intercostals and serratus.

The workout is organised so that the exercises with the greatest neurological load are performed first, when the central nervous system is still fresh. Using this logic, complex barbell exercises are tackled early in the workout, while fixed-path exercises are performed near the end.

“You can do a seated machine press with a beer in one hand and pressing the stack with the other,” Richardson points out.

The rep ranges vary widely in this workout. While many people adhere to long-held beliefs in

THE WORKOUT

For the first four exercises, perform four sets of each, increasing the weight and decreasing the reps each time. The positive and negative motion of each rep should take two full seconds. Rest for up to two minutes between each exercise.

This workout finishes with a tri-set. Perform this in a circuit fashion, moving consecutively from exercise to exercise with zero rest in order to maximise time under tension and recruit as many motor units as possible. Rest for 60 seconds between each full tri-set. Choose a lighter weight than you think you can do. The fast pace and relatively high-rep scheme adds up quickly.

Exercise	Sets	Reps	Tempos
Standing military press	4	12, 12, 10, 8	2-0-2
Reciprocity shrug	4	12, 12, 10, 8	2-0-2
Scaption to lateral raise	4	12, 12, 10, 8	2-0-2
Rear delt cable pull	4	12, 12, 10, 8	2-0-2
Tri-Set:			
Overhead band press	3	20	1-0-1
Dumbbell piston press	3	20	1-0-1
Anterior plate raise	3	20	1-0-1

strict rep-range paradigms (two to six reps for strength, eight to 12 reps for hypertrophy, 15 to 20 reps for muscular endurance, etc.), Richardson does not. He cites several clients who have added quality size surprisingly quickly through using high reps. There is so much biological overlap between the energy systems, he says, that you only stand to gain from dipping into the lower and higher end of the rep-range pool.

The cherry on top of this workout is the circuit-style tri-set finisher. The three relatively simple exercises are performed

with light weight but no rest. The accumulation of time under tension calls upon types of muscle fibres you didn't know you had.

“The guy doing the traditional workout is taking long rests between sets. This tri-set adds a more metabolic angle. When you ventilate harder, you are going to produce more lactic acid and you are going to recruit more muscle,” Richardson says. “The higher pace gives you a bigger bang for the buck and it doesn't take as long. It's a great way to get a pump in a short amount of time.”

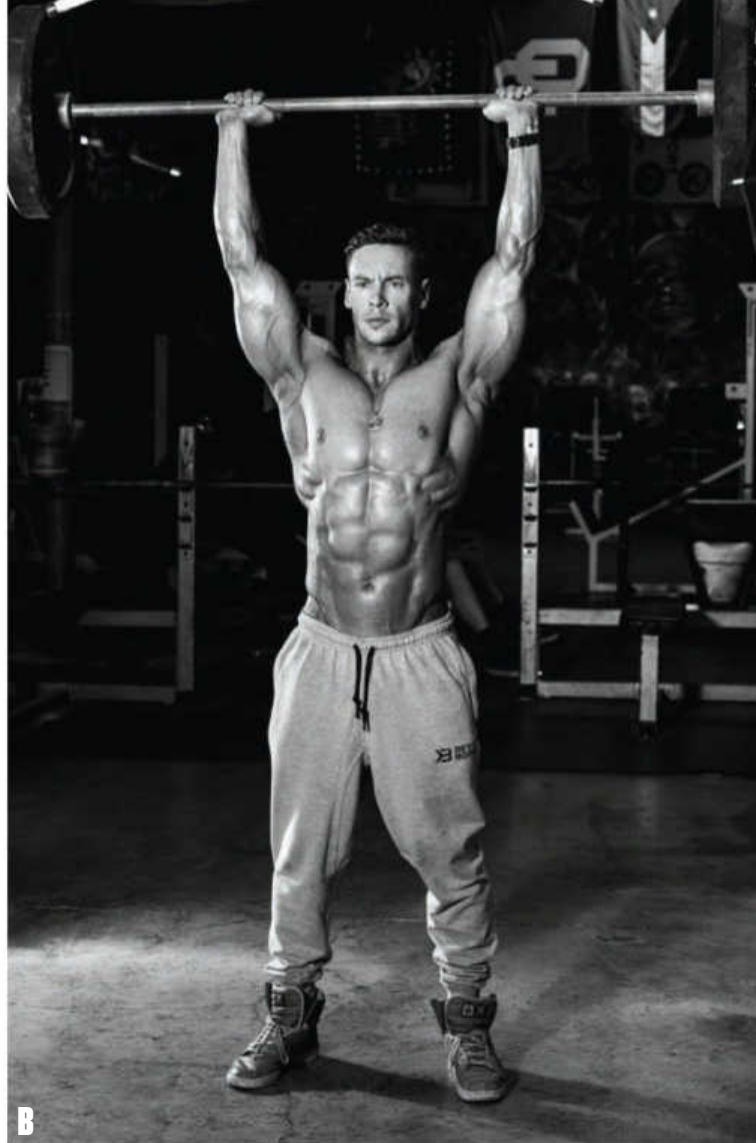


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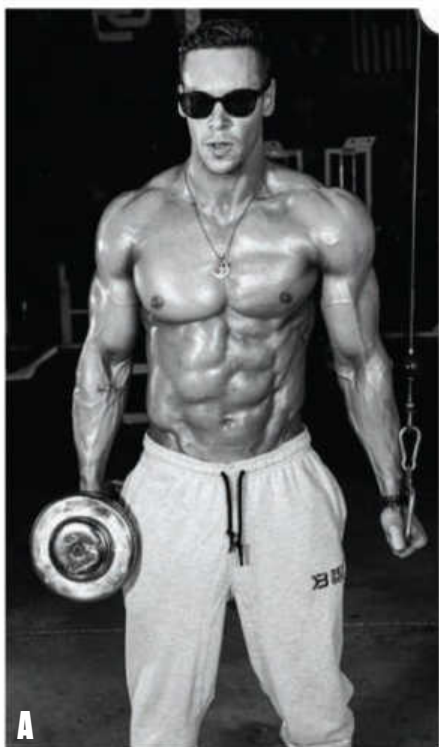
STANDING MILITARY PRESS



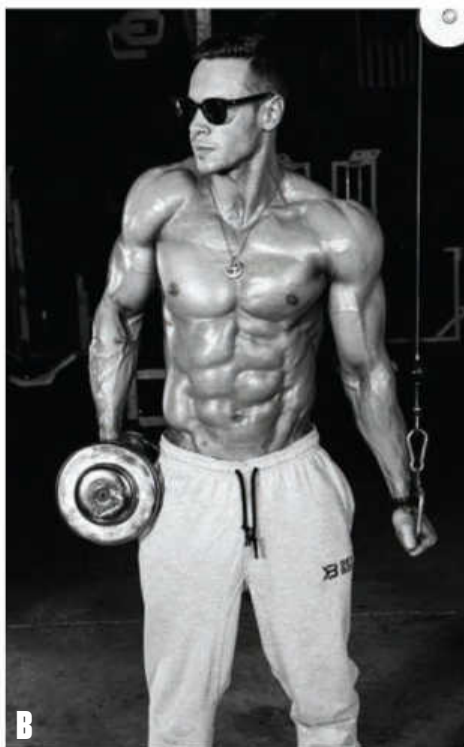
With your feet just wider than your hips and a slight bend in your knees, unrack a loaded Olympic barbell from the J-cups of a power rack and hold it at shoulder level with your scapula pulled back and your elbows pointed down. Your head should be in line with your spine. Think about keeping your cheeks aligned with your clavicle. Take a breath and hold it, keeping your torso stiff as you press the weight overhead until your arms are almost straight but not locked or hyperextended. Do not use any leg drive to move the weight. Slowly bring the bar back to the front of your body and then repeat.



B



A



B

RECIPROCITY SHRUG

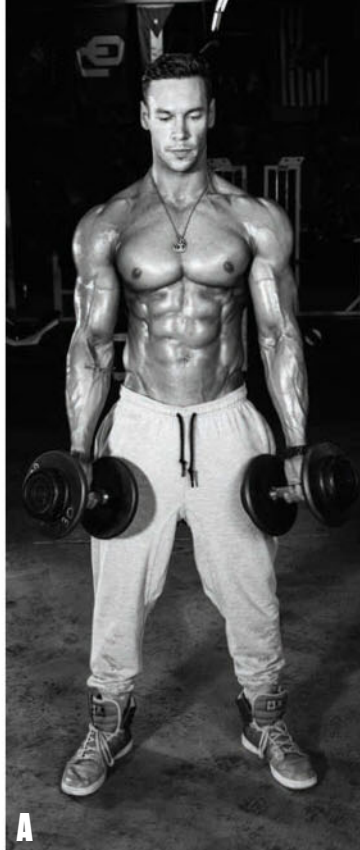
To perform the exercise, you need a cable machine and a dumbbell. Stand next to a cable machine with the high cable handle in your left hand and a dumbbell in your right hand. The left arm is held at your side, so there is tension on the cable. The load on the cable machine need not be greater than 40 per cent of your pressdown max. Keeping the cable side locked down, shrug with the dumbbell by pulling the shoulder straight up (do not roll). Perform all the reps on one side before switching hands.

BROAD APPEAL

SCAPTION TO LATERAL RAISE



This is similar to a traditional front or lateral raise, but the long lever makes it more challenging while the scapular plane is a little better for the shoulder. Hold two relatively light dumbbells at your sides while standing with your feet shoulder-width apart and your knees slightly bent. With straight arms, slowly raise the dumbbells toward the ceiling, forming a 45-degree angle from your body. The arms should be midway between a side lateral raise and a front raise. Keep your palms facing in, with your thumbs up. Raise your arms until they're parallel to the floor and then bring them back to the start.



REAR DELT CABLE PULL



Stand in the centre and a few feet outside a cable station with the pulleys set to above shoulder height. Grasp the opposite side cable in each hand, holding it by the rubber ball that is at the end of the cable or by the carabiner (no handle needed). Slowly extend your arms outward, keeping the elbows almost straight, until your hands are even with



your shoulders. Do not pinch the scapula together during this exercise. The scapula should be in motion during the rep, coming to the end of their range at the same time the elbows reach the end of their range. Your arms should be parallel to the floor at all times. Maintain good posture and constant pressure throughout the rep.



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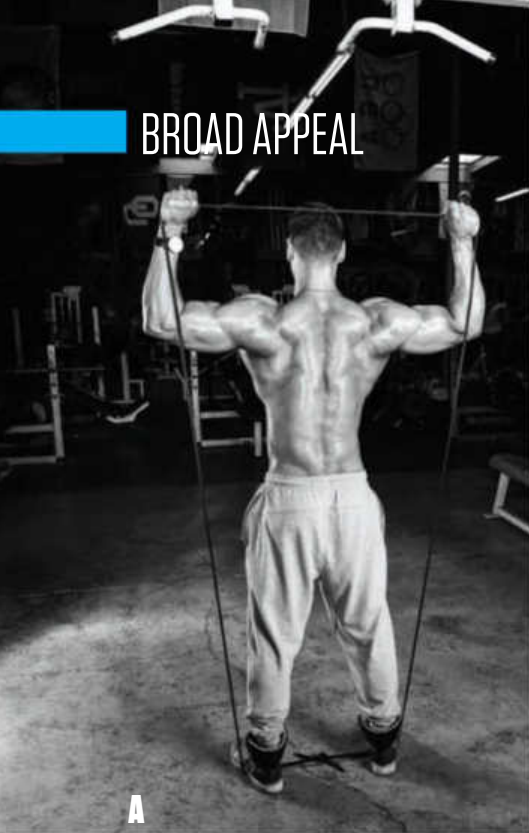


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BROAD APPEAL



A



B



OVERHEAD BAND PRESS

Take a circular super band and stand on the inside of it with both feet. Get in an overhead press stance with your elbows down and palms up, and the rest of the band running over both palms so your hands and feet are inside the circular band. With your feet pinning the band to the floor, press both hands overhead.



A

DUMBBELL PISTON PRESS

Stand with your feet about shoulder-width apart and knees slightly bent. Take a dumbbell in each hand and hold at shoulder level in a natural grip (palms facing you or



B

each other). Alternate pressing each weight overhead in a quick and rhythmic fashion. Bring each dumbbell down to ear level before raising the other side.



ANTERIOR PLATE RAISE



With your feet about shoulder-width apart and a slight bend in your knees, hold a 45-pound (20 kg) plate in front of you with your arms extended and your hands at three o'clock and nine o'clock. Slowly bring the plate up to about eye level. When your arms are parallel to the floor, hold it for a beat and then return to the start.

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AUSTRALIAN IRON MAN MAGAZINE

The Fat Eddie

By Eddie Avakoff, owner of Metroflex LBC

One memorable workout led to a revolution in modern gym culture.

Long before Metroflex LBC, I was fresh out of college and training in the garage at my parents' home. My buddies and I would sit around the barbell and cook up the craziest challenges we could think of — real gut-check workouts. And like you'd expect from the competitive A-holes we were, every challenge included an extreme amount of trash-talk from our entire group.

Equipment was basic. With little money and space, I owned only what was necessary: squat rack, barbell, bumper plates, sled, kettlebell and a sandbag. The variety of movements we could perform with that gear combined with sprinting up the giant hill by the house and swimming in a nearby pool was more than enough to get the job done. Looking back now, the lack of equipment forced me to be extra creative.

It was always entertaining to invite over friends who normally worked out at a corporate gym and slapping them in the face with the reality of real hardcore training. The invitation to train in the garage spread to a friend of mine. A bodybuilder. Although we knew that bodybuilders adhere to a certain style of training that may not necessarily prepare them for high-intensity interval training, we wanted to give this guy an ass-kicking he wouldn't forget. Of course, this was assuming we could convince him to attempt the workout in the first place.

The ploy was to lure him into the workout with simple movement patterns, basically the primary functional lifts you would see in powerlifting, except the bench press was replaced with an overhead press. (We didn't own a bench, and also, I think the overhead press is far more functional.) Movements were kept relatively heavy but light enough to justify a bit of volume: 20 reps per lift. Blended in between these three lifts was a 50-metre Prowler push with 245 pounds (111 kg) on the sled.

It seems simple enough, right? Well, this workout is a bit more complex than how it looks on paper. Each of the three main lifts require a significant amount of oxygen in order to complete them. The Prowler sucks up oxygen like a house fire, leaving the athlete with little energy to exert on the subsequent lift. Similarly, each lift requires a ton of muscle exertion, especially at the given weight. Sprinting with the Prowler, however, is a movement that exhausts muscles and builds up lactic acid, making heavy lifting difficult. Basically, the Prowler pushes would inhibit weightlifting, and the weightlifting would make the Prowler sprints almost impossible.

Before we even tried this workout, we knew that we had something special. It's basically a test of overall work capacity, a combination of redline weights and cardio. With the simplicity of the movements, and the complexity



Courtesy of Metroflex LBC

THE FAT EDDIE

Metroflex LBC offers a challenge to people who try to complete the Fat Eddie. If they can do it in less than eight minutes, they get a two months free membership. Finishing the Fat Eddie in under 10 minutes is pretty incredible and better than 90 per cent of people who have tried it. I have done the Fat Eddie more than 100 times, and my best effort is 6:20. The fastest I've ever seen is 5:18 by Marcus Hobbs, a trainer at MetroFlex LBC. Give it a try and let me know how you did by tweeting your time to @MetroFlexLBC with the hashtag #FatEddie.

The Fat Eddie

FORTIME:

20 back squats (225 lbs/102 kg)
50-metre Prowler push (245 lbs/111 kg)
20 deadlifts (315 lbs/143 kg)
50-meter Prowler push (245 lbs/111 kg)
20 overhead press (135 lbs/61 kg)
50-metre Prowler push (245 lbs/111 kg)



Courtesy of Metroflex LBC

of the metabolic systems in place, we knew it was going to be killer. And sure enough, upon completing this massacre of a workout, we agreed that it is a game-changer. We dubbed it 'The Fat Eddie', which was my nickname in high school. (The name was pretty accurate my freshman year, but by the time I became a senior it had become a statement of irony.)

Work capacity is one of those attributes that just about every athlete could use more of: Even the most anaerobic strength athletes can benefit from some cardio. Increased blood flow means oxygen is carried through the body easier. Additionally, increased blood flow means faster recovery, as nutrients are able to distribute across the body more effectively. By the same token, cardio-intensive athletes can benefit from more functional strength. Even marathon runners need the force production that muscle provides.

Therefore, in the interest of being the most balanced athlete possible, why not test both strength and conditioning all at the same time? And that's what the Fat Eddie did so well. Painfully well.

One by one we put ourselves through this hellish workout, and one by one we found ourselves completely demolished. Waiting for my turn, watching everyone fall to the ground

in agony, made me feel like I was a cow entering a slaughterhouse. And sure enough, when it was my time to throw everything I had at Fat Eddie, I brought myself to hell and back and ended up wincing in pain and gasping for air, just like the rest of guys. It was glorious. (I had the fastest time that day, at 14 minutes.)

When our bodybuilder friend started, he had no idea what he was getting himself into. He came out strong in the beginning, smashing all 20 squats and the Prowler push, but the Prowler ripped apart his lungs, and before he even hit his third deadlift, he ran around the corner of the house and puked his guts out. To his credit, he wiped his mouth and went right back to the deadlifts. But his hamstrings were fried, from both the squats and Prowler. And with each deadlift he squeezed through one by one, his hamstrings became even more and more fatigued. I knew he could deadlift damn near 550 lbs (249 kg) and was definitely able to squat 315 lbs (143 kg) for 20 reps, so it was surprising to see such a dramatic crash and burn. It took him almost 10 minutes to complete all 20 deadlifts, and as he limped to the Prowler for the second of three pushes, it took everything he had to just get the damn thing moving. The Fat Eddie took him

over 25 minutes and told him that his training had some serious flaws in it.

Along with a severe case of DOMS the following day, The Fat Eddie provided me with an eye-opening revelation to the flaws of corporate gyms and how poorly they delivered on the promises they made to their members. This is one of my favourite training memories, but I knew it never would have happened at a commercial gym. They simply wouldn't allow this type of workout. So with that spark of inspiration, I decided to take it upon myself and open a facility that was conducive to the Fat Eddie.

I like to think the Fat Eddie inspired the conception of Metroflex LBC. The gym was built upon principles that athletes should be able to train hard and with a purpose — from bodybuilders, powerlifters, fighters, functional athletes, and anyone else seeking elite hardcore training. Friends should be able to rage workouts like the Fat Eddie together and experience the same camaraderie, humour and bonding I shared with my garage buddies. You can't find that in a corporate gym. 🍷

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If you're having troubled
sleeping, it might be time for a
deload week or a refeed.



HITTING THE WALL

HOW TO TELL WHEN YOU'VE REACHED A PLATEAU

If you are no longer noticing changes in your workouts despite working hard, you might find you have hit a plateau. So, where do you go from here?

By Susan Baxter

A plateau is a descriptor for nothing changing. What it means is that your body has adapted to the stimuli that you have created for it: either the calorie deficit or calorie increase nutritionally; or the workout intensity and frequency.

Plateaus are kind of a good thing, in a sense. It's what the body does to reach equilibrium. So the body adapting to what you have changed before to get changes, means that you have become fitter (or, if you have abandoned your efforts in the gym, then your body has stopped changing due to the lack of exercise).

Here are some things you might notice that tell you you've hit a plateau:

No longer seeing improvements

If your lifts are no longer getting heavier, your runs are no longer getting faster or the scales are no longer budging — it's time for a change! If you aren't changing what you are doing, how can you expect to change? Of course, you need to follow a program in order to know that what you are doing is creating a change (this is why you follow a program and monitor it), but you can't always do the same thing and expect the results

PLATEAUS

to be different. There is the law of diminishing returns to think about. What that means is that a program will bring about less change over time. It is when those changes become next to nothing that it's time to mix it up: change the weight, the volume, the exercise order or the reps. Perhaps have a deload week.

The overload principle is responsible for this: basically, your muscles are being overstressed so much that they cannot be overstressed any longer.

Now, this is not to say that there isn't the 'overcompensation principle': beginners see immediate and huge results simply because the body reacts to new and demanding workouts by overcompensating in response. However, by the same principle, creating a new program that challenges your body will also be of overcompensatory benefit! A new menu could be in order, or a new program.

No longer being sore after your workouts

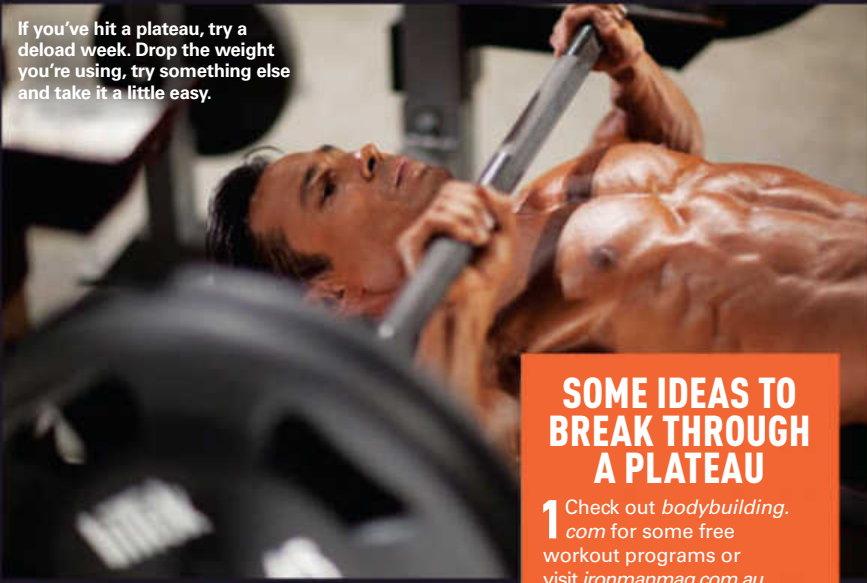
Perhaps your workout is no longer demanding as much from your body as it once did. Or perhaps you need a deload week because you are no longer recruiting those muscles in the correct way due to being overtrained or fatigued. The overload principle is responsible for this: basically, your muscles are being overstressed so much that they cannot be overstressed any longer. They either need to be



If you're constantly sore, you might not be allowing your body to ever fully recover between workouts.



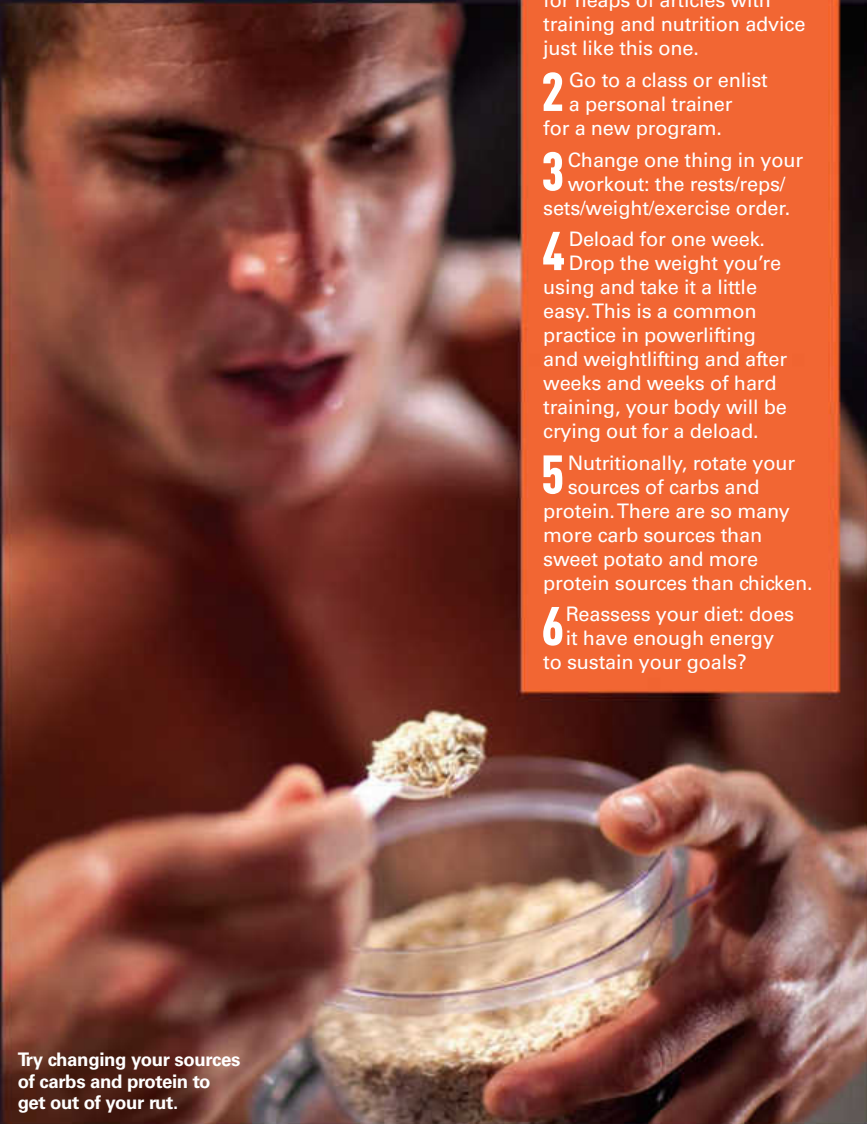
If your lifts are no longer getting heavier, your runs are no longer getting faster or the scales are no longer budging — it's time for a change.



If you've hit a plateau, try a deload week. Drop the weight you're using, try something else and take it a little easy.

SOME IDEAS TO BREAK THROUGH A PLATEAU

- 1 Check out *bodybuilding.com* for some free workout programs or visit *ironmanmag.com.au* for heaps of articles with training and nutrition advice just like this one.
- 2 Go to a class or enlist a personal trainer for a new program.
- 3 Change one thing in your workout: the rests/reps/sets/weight/exercise order.
- 4 Deload for one week. Drop the weight you're using and take it a little easy. This is a common practice in powerlifting and weightlifting and after weeks and weeks of hard training, your body will be crying out for a deload.
- 5 Nutritionally, rotate your sources of carbs and protein. There are so many more carb sources than sweet potato and more protein sources than chicken.
- 6 Reassess your diet: does it have enough energy to sustain your goals?



Try changing your sources of carbs and protein to get out of your rut.

challenged in a different way or allowed to recuperate before they will show further change.

Always being sore after your workouts/ moodiness/irritability


It is possible that you are not allowing your body a chance to ever recuperate or recover between intense sessions. Remember that muscles are torn down in the gym and built back up through adequate rest and recovery and nutrients. Perhaps you need to re-visit your nutrition plan as you have more muscle mass that requires more fuel.

You are bored: if you are sighing mentally each new set, how can you expect your body to be interested? Or, if you are bored chewing chicken, broccoli and sweet potato, why suffer? Your mind is paramount in any healthy lifestyle. Challenging it to do exercise is one mission: why add to the mission by making things monotonous? All that is required is to add one different exercise here and there, or perhaps take yourself out of your comfort zone and try a class, or select one new meal to try this week.

Inability to sleep or restlessness

If this is you, it's time for a deload week or a refeed! Your brain, mind, physiological and nervous systems need a break. Muscles need time to recuperate: they rebuild when you are out of the gym, not when you are destroying them in the gym. Constantly challenging muscles without allowing them to properly recover will harm your gains and progress in the long term. Nutritionally, the body will adapt to what you are always feeding it. Giving it something different will keep your body guessing and can even fend off food intolerances.

Above all, if you recognise any of these signs, why not switch things up and fall in love with seeing results all over again?

Above all, have fun. Life is about balance. Think to yourself that fitness is a marathon and not a sprint. You must be able to keep it up for the long term for a consistency that adds up to overwhelming change. 

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JEREMY BUENDIA

#WINNING

**JEREMY BUENDIA MADE HISTORY
AS THE FIRST REPEAT CHAMPION
OF THE MR. OLYMPIA MEN'S PHYSIQUE
CONTEST — AND HE'S NOT DONE YET.**

**BY MIKE CARLSON
PHOTOGRAPHY BY BINAIS BEGOVIC**



JEREMY BUENDIA

here's an old saying in the fight game that a fighter isn't a champion just by winning the belt. It's only when he defends his title that he becomes the true champion. Climbing the mountain is one thing. Proving you can hold that top spot is completely different.

"That is exactly how I felt," says two-time Mr. Olympia Men's Physique champion Jeremy Buendia, who clinched his second consecutive Mr. O title in September. "I knew I was a champ when I won in 2014, but this validated my title. I won the first time, but I needed to prove to myself that I deserved it. It was a big relief to prove that I was worthy of the title again."

The IFBB has had dynasties across all of its divisions. Ronnie Coleman won eight Sandows in a row, Adela Garcia dominated Fitness for a decade, even Bikini's Ashley Kaltwasser is on a nice run of three consecutive titles. A two-time winner in Men's Physique is a game-changer, though. The young division has struggled with defining its standards and rewarding a consistent look. Buendia's success now gives judges and other competitors a reference. His best-in-class conditioning, mature muscle mass, and broad shoulders tapering into a dramatically tight waist ("I barely fit in men's boardshorts," he says,) Buendia's body has become the template for the modern Physique competitor.

JEREMY BUENDIA

AGE: 25

LIVES: Murrieta, California

PROFESSION: Mr. Olympia Men's Physique Champion

FAVOURITE CLEAN MEAL: Filet mignon and sweet potato

FAVOURITE CHEAT MEAL: Cheeseburger and fries

DRIVES: 2015 BMW M4

LISTENS TO: Hip-hop

LAST BOOK READ: *Heaven Is For Real*

FAVOURITE MOVIE: *Training Day*

SPONSORS: Evogen Nutrition, Live Fit Apparel

INSTAGRAM: @jeremy_buendia

WEBSITE: jeremybuendiafitness.com

TWITTER: @MrJeremyBuendia





Notes: 11.1.10

- 1) 50m Yell Fur
Yell = 250g
- 2) Max Leg Press
Last 400g
- 3) For Time:
- 6 TIR: Floor to 1
- 30m Trough (10)
- 4) Farmers Carry Max
weight - 100g
- 5) Max Bent Squat w/
Shit Chair height
Squat: 100g
100g max 100g
100g max 100g
100g max 100g
100g max 100g

JEREMY BUENDIA

Mike Carlson: You looked supremely confident on stage at the Mr. Olympia this year. Did you feel as confident as you looked?

Jeremy Buendia: No, I knew it was going to be a dogfight. Jason Poston [third place] is a good friend of mine. We trained together two days out. I knew he was on the money. I saw some pictures of Steve Cook on Instagram and he looked good. I looked my best ever a couple days out, and I knew I was going to get better as we got closer to the show. Sadik [Hadzovic] kept his shirt on backstage, but when he took it off he looked a little watery in his lower back. When I saw that, I knew I had it.

MC: What did you do better this year than last year?

JB: I nailed my routine this year. I felt like the way I posed was flawless. I was three or four pounds (1.4–1.8 kg) heavier this year, and I was definitely tighter. From what I saw backstage, I was the most conditioned guy onstage. I was hard, and I kept getting harder as I was onstage. I was getting better the longer I was up there.

MC: You were only 23 when you won your first Mr. Olympia. How many years do you think you have in you?

JB: I don't see myself getting beat for a while. These are the best physiques in the world. I beat these guys by a pretty significant number of points, and I don't see many guys walking around looking better than Jason Poston or Ryan Terry. If I am better than those guys, I don't think I am going to get touched for a while.

MC: What is it like to be the reigning Mr. Olympia Men's Physique champion?

JB: Having a fanbase all over the world is awesome. No one knew me two years ago, and now when I walk into an international airport overseas someone will know who I am. It is pretty incredible to step foot into Kuwait and hear someone call your name. It's a big responsibility too. It has forced me to grow up a lot. It feels like all eyes are on me, like everybody is watching my every move. I have to make sure my actions represent the sport well.

MC: Give me an example of how you have had to grow up?



“NO ONE KNEW ME TWO YEARS AGO, AND NOW WHEN I WALK INTO AN INTERNATIONAL AIRPORT OVERSEAS SOMEONE WILL KNOW WHO I AM.”

JB: Before, I didn't have 300,000 followers. You can see on Phil Heath's Twitter, when you are the champion people will tear you apart on social media. Getting up every morning and seeing messages like that was kind of hard at first. But it comes with the territory. I had to grow up to handle those kinds of interactions and handle negative situations better.

MC: Tell me about your prep for the 2015 Mr. Olympia.

JB: Hany Rambod has been my coach for the past two years. He is in the Bay Area and I live in Murrieta [Southern California, US], so we do phone calls big time. I talk to Hany about three times a day. When I get up in the morning we'll talk. We send pictures back and forth. We have a very close personal relationship. That helps out a lot.

MC: Do you use FST-7?

JB: I use FST-7 [see sidebar on page 62] during my whole prep. The whole idea is to optimise the pump, optimise cellular volumisation throughout the workout. You want to stretch that fascia and force the blood in there.

MC: FST-7 can be a tough workout, right?

JB: Absolutely. I see FST-7 as a very mental style. You need a very good connection between your mind and muscles when you're training. We aren't pushing super heavy weight, and we aren't doing low reps. We are using a moderate weight in the 10- to 12-rep range, but the whole idea is to concentrate on that point A to point B to optimise growth. FST-7 might not be as beneficial for a beginner as compared to someone who has trained longer and has that mind-muscle connection.

MC: What kind of training split do you follow?

JB: I do a five-day split of chest, back, legs, arms and shoulders. I train every day and just cycle through that five-day split. If my body is beat up, I will take a day off, but that might be once a month. I do 25 to 30 sets per body part, with high volume and minimal rest between sets. Hany always wants me to rest longer, but I like to bang it out. I don't like going slow. I like to slay it. That is just what works for me.

MC: How do you approach your diet?



"THERE ARE PROBABLY 10,000 GUYS COMPETING IN PHYSIQUE IN THE WORLD, AND THEY ARE ALL TRYING TO TAKE WHAT I HAVE."



JB: My diet gets determined every morning when I wake up. I call Hany and we look at how my body responded to the previous day and we adjust accordingly. I eat clean. I eat chicken, fish, and a lot of red meat. Sweet potatoes are the only starchy carb I take in. I don't get sick of them. I get a cheat meal every couple weeks, and I get a re-feed meal every five days or so. A re-feed is just more clean food. I'll up my red meat and my starchy carbs. I'll usually do it on a day I train a weaker body part, so I can overnourish that muscle and get everything out of it.

MC: What's an average day for you?

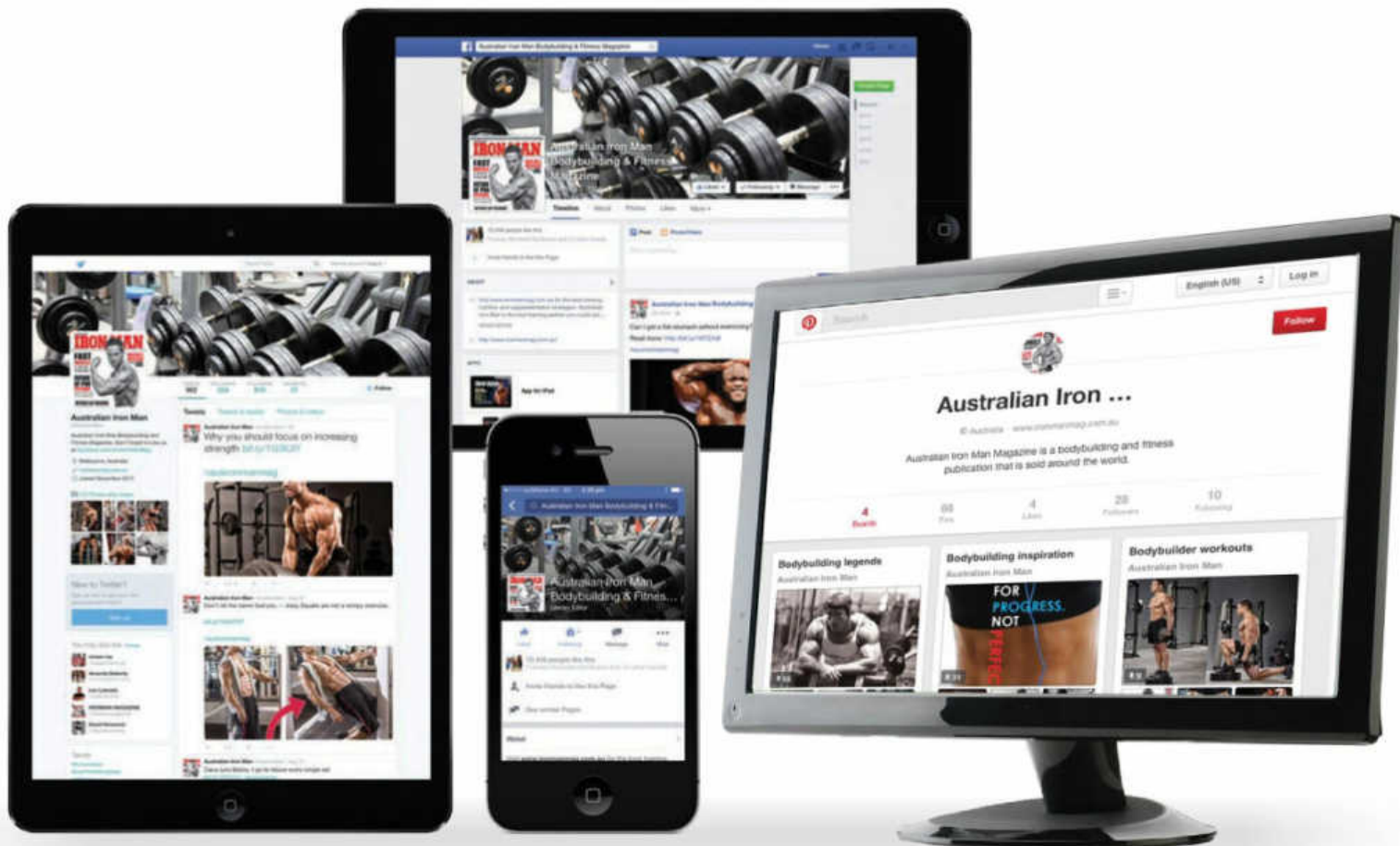
JB: First thing in the morning I throw on my shoes and go do fasted cardio for about 40 minutes. I train a little bit of abs and then I come home and eat breakfast. That's when I take my pictures and send them to Hany. I usually get two to or three more meals in, and then go back and train. Then I will see my massage therapist or my chiropractor. The rest of the day is spent prepping: preparing food and tanning, stuff like that. The day ends around eight o'clock. I watch a little TV

and then go to bed early so I can get up and do my cardio.

MC: How do you keep from over-training?

JB: I make sure each body part gets plenty of rest. I won't do triceps after chest day, and I won't do biceps after back. I take a couple days and make sure the muscles are fresh. Also, I'm sponsored by Evogen Nutrition and we make top-of-the-line products. We use the highest-quality BCAAs on the market. I take glutamine and BCAAs

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three times a day, and I'm eating good, so my recovery time is next to nothing and my endurance in the gym is awesome.

MC: You seem very detail oriented.

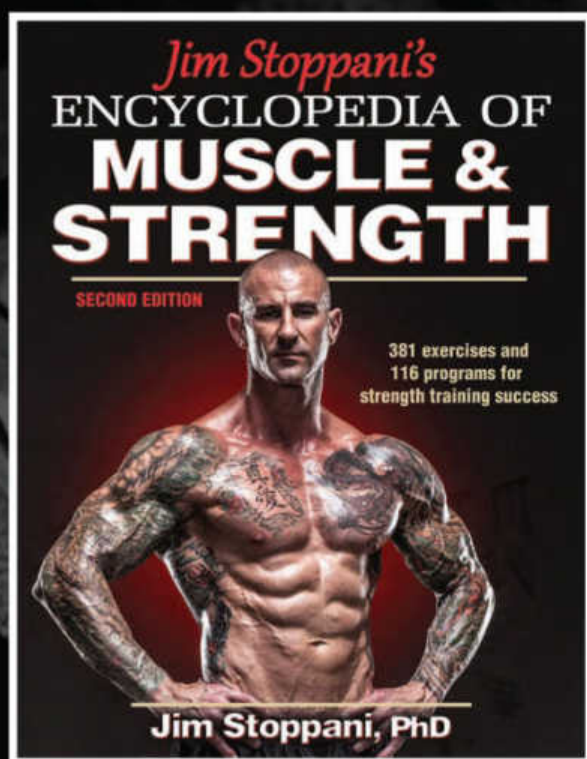
JB: There are probably 10,000 guys competing in Physique in the world, and they are all trying to take what I have. I have to do everything above and behind what they are doing to stay on top. It comes down to the little stuff like stretching daily, seeing a chiropractor. My body is everything I have right now, so I need to make sure everything is working together.

MC: It looks like your competitive season centres around the Mr. Olympia. You don't expect to compete at the Arnold Sports Festival this year?

JB: It's Hany's decision, but more than likely he'll have me sit out the Arnold again this year. I would like to do it, but it depends on the timing. It's rough being right in the middle of the off-season.

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“I LIKE TO SLAY IT. THAT IS JUST WHAT WORKS FOR ME.”

MC: What are your off-season goals for 2016?

JB: I want to improve on my abs, for one. My obliques are on point, but I need to develop my middle abs better, or at least get better muscle control on my core. In a straight-on pose my abs get a little washed out. I want to improve that and make that a stronger pose for me. And may be add a little more shoulders.

MC: You make this kind of disciplined lifestyle look easy. Does it come easy to you?

JB: It's not easy. It's a job. Not everyone wants to get up and go to work every day, but we do it anyways. I am very blessed to be in the position I am at. I don't ever take it for granted. I am very grateful. Is my life easy? I don't know. I would say I have it good. 

FST-7 AND FURIOUS

The popular hypertrophy training program FST-7 was created by Hany Rambod, a master trainer who has spent the last several years shepherding IFBB pros to championship performances, including Jay Cutler, Phil Heath, Nicole Wilkins and Jeremy Buendia. FST-7 stands for Fascia Stretch Training, with the 7 indicating the number of sets that need to be performed for the all-important last exercise. The idea behind FST-7 is to volumise the muscle so much that it stretches out the fascia (the thin but stubborn membrane that sheaths the muscle) allowing more room for growth while flooding the tissue with anabolic

nutrients. The basic program calls for three compound exercises for a body part, performed for three or four sets of eight to 12 reps. The coup de grâce is an isolation exercise performed for seven sets of 10 to 12 reps with just 30 to 45 seconds of rest between. By the time you are done, the is should be completely exhausted and pumped to a point of near explosion. Advanced lifters, like Jeremy Buendia, will start and finish each is with the signature seven-set strategy and may use a challenging free weight exercise. If you're new to FST-7, use it only for your final set and perform that exercises on a machine rather than with a barbell or dumbbells.

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Constant Tension Timed Sets

By Vince DelMonte

Change your perspective on reps to destroy plateaus and induce massive growth stimulus.

If there's one thing that I've stressed with clients more than any other, it's this: You must work with your body's adaptation process in order to see results. Plateaus happen when you continue doing the same thing beyond the point at which your body has adapted to it.

If you're stuck in a plateau, it's almost certainly because you're relying on the same training techniques you've been doing for months or even years. There's nothing wrong with what you're doing, but simply switching back and forth between 'main' training concepts

such as full-body/split routines or high-rep/light-weight and low-rep/heavy-weight training will eventually slow your progress.

Change your stimulus

The key to constant growth is constant stimulus. When you place a new or more intense demand on your muscles, it stimulates the body to adapt. In other words, you put your body at a disadvantage and that disadvantage creates change and adaptation, which result in positive training effects.

The body responds to a variety of stimuli, such as load, volume, intensity, metabolic stress,⁸ and time under tension. If you want to change your results, you need to change your stimulus.

Constant tension timed sets (CTTS) is an advanced training strategy that you may not have heard much about, but it's incredibly effective and easy to incorporate. This is one of the best ways to spur hypertrophy without having to invent a whole new wheel. In other words, you're not doing new exercises; you're just doing them in a new way.

Constant tension timed sets

Time under tension is one of the stimuli that we use in our workouts, and most guys already know that it's only when you're under the weight that your muscle is actually working. To most people, that means more is better — more reps or more weight — but that is not the case.

The fact is, you're working toward different goals depending on how much time your muscle spends under tension. This is why high rep/low weight and low rep/high weight training is used at different times, depending on whether you're going for endurance, strength or size. It's because your time under tension stimulates different types of progress.

Studies have shown that time under tension for one set that lasts 10 seconds or less is best for strength and explosiveness. Time under tension that lasts between 10 and 20 seconds



Most guys already know that it's only when you're under the weight that your muscle is actually working.

Neveux \ Model: Parker Egerton

is best for functional hypertrophy (the growth of your muscle fibres). A time under tension of 20 to 40 seconds results in a combination of functional and sarcoplasmic hypertrophy (growth of the rest of the muscle's components). An interval of 40 to 60 seconds stimulates sarcoplasmic hypertrophy alone and time under tension of 60 seconds or more targets muscular endurance.

With constant tension timed sets, you focus on the total amount of time under tension for your set, rather than the number of reps. There are some really important reasons why this is done.

Why CTTS is so effective

There's nothing wrong with counting reps and sets. However, it's not a completely accurate gauge of your progress or a very targeted approach on its own.

The reason for this is that when a program tells you that your target is eight to 12 reps, it's with the assumption of a four-second movement. That's including the top and bottom of the rep, during which there actually is no tension at all. This makes that target of eight to 12 reps a little less specific than it sounds. If you're doing five-second reps or three-second reps, your time under tension will be very different.

Based on the stats I just gave you for time under tension, one guy could be doing 10 reps and stimulating functional hypertrophy, while another guy can be using the same weight and doing the same 10 reps but stimulating sarcoplasmic hypertrophy. In other words, total time under tension is a much more accurate means of targeting a specific result than counting reps.

With constant tension timed sets, there is no locking out at the top or bottom of the movement — it is constant tension, and this has a benefit beyond accuracy; it builds up a lot of metabolic by-products, such as lactic acid, which are essential for myofibrillar cellular swelling and satellite cell signaling. These in turn stimulate protein synthesis and the release of more testosterone and growth hormone.

How to do it

It's not hard to work CTTS into your training. You can use the same exercises



Neveux \ Model: Parker Egerton

With constant tension timed sets, there is no locking out at the top or bottom of the movement — it is constant tension, and this has a benefit beyond accuracy.


that are already in your program. The difference is, you'll be counting your time under tension for each set, rather than your reps.

I want to point out here that you don't want to adjust your load up or down. Start with what you're lifting now. What this means is that you may find you're doing more reps or fewer reps (you won't be able to help counting) than you were doing with your traditional sets. That's fine. Your goal is to hit the right time under tension for hypertrophy. What I suggest is to go for somewhere between 20 to 40 seconds per set in order to hit that mixed hypertrophy target. If that means you're doing faster reps, that's perfectly okay since you'll be getting a greater mechanical workload.

There are a couple of other things that you need to know about incorporating CTTS:

1. You need to make sure that you're not locking in at the top or the bottom of the rep, because that means releasing the tension. Basically, leave out the top half per cent and the bottom half per cent of

the range of motion so that constant tension is maintained.

2. You will need to be able to watch a clock that has a second hand or have a timer within your field of vision while you're working out. You can count off your time (one one-thousand, two one-thousand, and so on), but some guys find that takes their focus off of their pace and form. You also might find it advantageous to have a workout partner when doing CTTS so that you can time each other.
3. Start off with 40 seconds per set and add five seconds per week until you're up to 65 seconds per set, and then come back down to 40 seconds and start with at least five percent more weight. Don't do CTTS for longer than six weeks because it's an extremely high amount of volume and you'll burn yourself out. 



Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and author of *No Nonsense Muscle Building*.

OLYMPIA

2015

THE LESSONS FROM LAS VEGAS

Now that the dust has settled on a strange and controversial Olympia weekend, it's time to take stock and look at what we learned from this year's rendition of the Big Show.

By Daniel Hedger
Photography by Gary Phillips





Let's get the big one out of the way first and talk about what we didn't learn. What happened to Kai Greene?

To refresh: the Tuesday before the Olympia, Kai Greene, amid rumours that he had missed the deadline to sign his competitors agreement, posted an emotional video to his social media pages claiming that he would not be allowed to compete and in fact would not even be allowed in the expo. "You don't get this far, you don't get to this point and just stop," Kai said in the video, breaking into tears. "It doesn't happen like that."

In the days that followed, there were more vague missives from Kai — one about how the fans shouldn't blame IFBB head Jim Manion, another a 17-minute interview with *Generation Iron* director Vlad Yudin, where Kai said exactly nothing to clarify the situation — where he reiterated that it was out of his hands and there was more going on behind the scenes that he was not at liberty to say.

Then there was Olympia promoter Robin Chang's retort announcing that there was no other reason for Kai not competing except that he hadn't signed his contract.

In any case, whether it was a clerical error, federation espionage, underhanded business dealings or any number of the rumours surrounding it, Kai was not on stage for the Mr. Olympia.

In years to come, this might be thought of as the 'weird Olympia'. It was the Olympia where a lot of top competitors were missing: no Dana Linn Bailey in Women's Physique, no Steve Cook in Men's Physique — no Kai Greene for Arnold's sake. (And, of course, a whole division had been scrapped — no more Women's Bodybuilding.) And then, during the prejudging, we learnt from MC Bob Cicherillo's announcement that there would be no Cedric McMillan. A day after the contest, Cedric told his fans that severe dehydration had kept him from the stage. Via Facebook, Cedric said he had pushed too hard trying to get 'drier' and hadn't eaten or had anything to drink since the Tuesday before the weekend's show.

"Luckily no permanent or long-term damage, just severe dehydration

Women's Physique top six.



Branch (6th), Big Ramy (5th) and Victor (9th).





Flex Lewis,
212 champ.



Bikini winner
Ashley
Kaltwasser.



Men's Physique top five.

kinda made my system shut down," he posted, along with a picture of a drip in his arm. Sadly, Cedric had been marked down in the past by judges who thought he wasn't dry enough.

And all that's what didn't happen. So what about what did?

Men's Physique

Whether or not Jim Manion's recent announcement of a Men's Classic Physique division will splinter this division, we don't yet know (though it most likely will). But one thing is sure: the board shorts have got to go. To ghettoise a division by not allowing its competitors to display most of their legs is just to set it up for ridicule (have you seen how bodybuilders refer to these guys, even when they're often in better condition than said bodybuilders?). But enough on that — for now.

The top three was a carbon copy of the 2014 rendition, with Jeremy Buendia establishing himself as the judges' ideal for this division as it currently exists. Sadik Hadzovic in second and Jason Poston in third all looked the goods, though, so it will be interesting to see how this division progresses into the future or if it will bleed out its top talent into the new division.

We've already seen this division progress from awarding Mark Anthony Wingson the Olympia prize in 2013 to his fall to 6th at the 2015 Men's Physique Arnold Columbus. Maybe this was what Manion meant when he said the division needs to get back to what it was originally created for.

In any case, the current popularity of Men's Physique as an attainable goal for many young men — those who never looked at a picture of Branch Warren and said "I want that" — will only see this division, or others like it, flourish.

What did we learn? The IFBB have drawn a line in the sand about Men's Physique; if you're too big, you're moving up to Classic Physique or not placing highly.

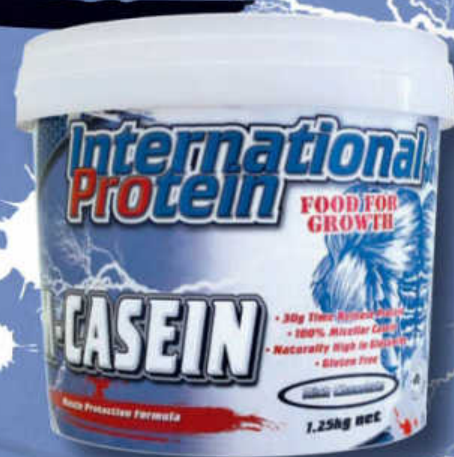
MEN'S PHYSIQUE

1. Jeremy Buendia
2. Sadik Hadzovic
3. Jason Poston
4. Ryan Terry
5. Brandon Hendrickson
6. Dean Balabis
7. George Brown
8. Ryan Hinton
9. Anton Antipov
10. Jacques Lewis

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Dexter (2nd), Shawn (3rd) and Phil (1st).



Figure top six.



Oksana Grishina during her winning Fitness routine.



Women's Physique

There may be no woman more popular in fitness than Dana Linn Bailey. She basically launched the Women's Physique division, becoming its first Olympia winner in 2013 and automatically popularising it. Men love her, women want to be her and those who don't at least respect the hell out of her. That she has managed this without becoming overly-sexualised or, let's face it, being very dominant in competition, is more than impressive. However, she pulled out of the Olympia this year to focus on her new business opportunities and nobody begrudged her that.

That might not have mattered at all when there's a competitor of Juliana Malacarne's calibre on the stage. Juliana, who pushed DLB to second at this year's Arnold Columbus, once again took top spot. If there was any worry that interest in this division rested entirely on DLB's massive delts, Juliana has proved that misguided. After placing seventh in 2013 to scoring her first win in 2014, Juliana looks to be the real deal and here to stay.

What did we learn? Women's Physique is doing just fine without DLB.

WOMEN'S PHYSIQUE

1. Juliana Malacarne
2. Kira Neuman
3. Tycie Coppett
4. Danielle Reardon
5. Autumn Swanson
6. Mindi O'Brien
7. Gloria Faulls
8. Erica Blockman
9. Teresita Morales
10. Jacklyn Abrams

Bikini

For the third year in a row, Ashley Kaltwasser took the Bikini Olympia championship after a scare at the Arnold Australia when Janet Layug was placed above her, only a week after Ashley's hometown Arnold Columbus win. Whether that rattled her or not, Ashley had her eye on the prize.

In a division that's sometimes hard to get a hold on in terms of judging criteria, Ashley seems to be building a legacy for herself, much like Nicole Wilkins in Figure did.

Janet Layug, however, shouldn't be counted out and the current Arnold Australia Bikini champ will be there waiting in the wings if Ashley ever comes in off.



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Bikini top six.



Fitness top six.



Flex and Jose in 212.

And let's take moment to recognise the awesome consistency of India Paulino, fourth at the Olympia, who hasn't placed below top six since 2011, the whole time she's been a pro (in fact, she never placed below third as an amateur either). She's bubbly — gorgeous — and brings a sense of reliability to the Bikini division.

What did we learn? We might be seeing the rise of a new rivalry in this division.

BIKINI

1. Ashley Kaltwasser
2. Janet Layug
3. Courtney King
4. India Paulino
5. Stacey Alexander
6. Narmin Assria
7. Stephanie Mahoe
8. Justine Munro
9. Michelle Sylvia
10. Jamie Del Angel

Fitness

It took her a little while, but Oksana Grishina, always applauded for her creative and balletic routines, now has what the judges look for in Fitness. She's won every contest in the past two years, and hasn't finished lower than third since 2011. Even though this is only her second Fitness Olympia win, it seems obvious that she has always been the champ. And after the retirement of eight-time Fitness champ Adela Garcia, we have a new Fitness queen.

Tanji Johnson in second was no less impressive, especially at the age of 40, placing higher than younger competitors and more than holding her own. Her routines are always energetic — in fact, the whole fitness division brings some entertainment value to proceedings.

What did we learn? Queen Oksana has claimed her crown.

FITNESS

1. Oksana Grishina
2. Tanji Johnson
3. Myriam Capes
4. Regiane Da Silva
5. Bethany Wagner
6. Michelle Blank
7. Fiona Harris
8. Ryall Graber
9. Whitney Jones
10. Marta Aguiar

Figure

The Figure division has expanded and grown a lot since Nicole Wilkins started



Oksana Grishina,
Fitness champ.



Jeremy Buendia, Men's
Physique champ.



Juliana
Malacarne,
Women's
Physique champ.



The 212 division top six.



Dennis stares down Phil and Shawn.



Hidetada and David Henry.



The top four of the Open Men's Bodybuilding.

competing in the pro ranks. Figure has become harder, more muscular and more conditioned since Nicole's inaugural win back in 2009. The athlete, going for her fifth Ms. Figure Olympia title, was bested by the kind of physique that didn't exist back in 2009's Figure division.

Nicole will forever be a champion — she was the first person to reclaim a Figure Olympia title after losing it to Erin Stern in 2010, and the two traded that medal back and forth until Erin's hiatus from the sport — but this was not her day. And Nicole is no stranger to having her streaks broken. She can #striveforfive next year.

LaTorya Watts, fifth in 2014, shot ahead of the pack, leap-frogging Camala Rodriguez-McClure, Candice Lewis and Candice Keene, who all placed ahead of her at the Arnold Classic Australia in March, to take the top spot. But nobody could look at her and say it was undeserved. The future of this division seems to be the harder, more athletic look of LaTorya and Candice Lewis, who is still my favourite of the Figure girls.

What did we learn? The Figure division is expanding and the older champs might be feeling the heat.

FIGURE

1. Latorya Watts
2. Nicole Wilkins
3. Candice Lewis
4. Camala Rodriguez-McClure
5. Candice Keene
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The top six of the 212 division.

212 Division

While we're talking about streaks, James 'Flex' Lewis is building himself one — scratch that, a legacy — in the 212. The now four-time 212 Olympia champion has made his position clear about where his place is — he's not moving up to the open class, not yet and maybe not ever. (Whether some of his fellow 212 competitors start to think about moving up or down — into the new Classic Physique division — remains to be seen, however.)

You know what else is cool about Flex? He doesn't just focus on the Olympia, like we've come to expect our Olympia champs to. He's competed 11 times since he won his first 212 Olympia in 2011 and, natch, won every show.

Of course, a lot of people thought Jose Raymond might be able to topple Flex. He had the momentum, coming off a Flex-less win at the Arnold Columbus and he always looks huge and conditioned. But it wasn't the Boston Mass' day to hoist that trophy.

Speaking of that trophy, when is the 212 division going to get its own Sandow? The division has been stuck with the Most Muscular glass trophy for too long.

Also, big shout-out to Hidetada Yamagishi, who did one better than last year, moving into third. Hide has been around a while now, moving down from the open classes to much greater success here at 212.

Looking over this division, there's enough serious talent — David Henry,



The 212 top six from the back.

212 AND UNDER

1. Flex Lewis
2. Jose Raymond
3. Hidetada Yamagishi
4. David Henry
5. Eduardo Correa
6. Guy Cisternino
7. Charles Dixon
8. Ahmad Ahmad
9. Craig Richardson
10. Al Auguste

Eduardo Correa, Guy Cisternino — that you can safely call the 212 division stacked. Maybe that's why Jim Manion announced at the finals that next year the 212 division will be featured on the main stage for the first time.

What did we learn? Flex Lewis is not going anywhere.

Men's Bodybuilding

Take note: **William Bonac** is on the

move. Anyone who saw Bonac's dominant display at the 2014 FitX in Melbourne — where he finished a close second to Branch Warren and where a lot of people in that audience had him, the unknown, beating the veteran — would not have been surprised to see the Netherlands-based bodybuilder place eighth. For my money, I would have placed him at least higher than Roelly Winklaar, who still can't control his belly, in seventh, and even above Branch in sixth. Dennis James on the livestream commentary said he had Bonac in sixth also.

At the competitors press conference, Mamdouh 'Big Ramy' Elssbiay announced, in his limited but improving English, that he was "ripped" under the competitor tracksuit — but he's going to need to expand his vocabulary if he's to keep a straight face. He was big, for sure — much bigger than anyone else on stage — but, despite a first callout,



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his focus should be on dialling it in. He's already the biggest dude up there; he obviously paid no heed to the general mood in bodybuilding that a return to the aesthetic is due. His fifth place was about right, though I'm not sure what super-conditioned **Branch Warren** in sixth thought about it.

The **Big Bad Wolf** had some commenters convinced, especially after the Kai Situation, that he finally could take the Sandow away from Phil Heath. Maybe Dennis Wolf is a divisive bodybuilder and some judges are just not going to reward a guy whose calves just don't stack up against the men standing next to him. Still, Dennis has never had a problem holding the gut, his back pose is awesome and his waist is always among the smallest on stage. But fourth is where he ended up.

I feel for **Shawn Rhoden**, I really do. At the press conference, he said, "I've

had my foot on the gas ever since I got here and I told myself I'm not leaving without that Sandow." His 2015 Olympia showing was good — great, even: he has the most traditionally aesthetic physique at the top end of the pro ranks, outside of Cedric McMillan, but he has the size to hang with the likes of Phil and Kai. It might take a clarification of a few judging guidelines to see him progress further, though. He took third, but I know he really believed he could win this year. At the presser, he said he could beat Phil in every pose. Unfortunately, he was letting his lower abs go a bit in his poses this year and while he improved from the prejudice to the finals, it wasn't Flexatron's year.

Then there's **Dexter Jackson**. The most consistent of the current era — the guy who's been competing so long he straddles the divide between today's mass monsters and the super-conditioned

MEN'S BODYBUILDING

1. Phil Heath
2. Dexter Jackson
3. Shawn Rhoden
4. Dennis Wolf
5. Mamdouh Elssbiay
6. Branch Warren
7. Roelly Winklaar
8. William Bonac
9. Victor Martinez
10. Essa Obaid


'90s guys — and the guy with the most appropriate nickname. The Blade is always sharp, always in condition and a guy you can absolutely not count out. "I've been underestimated all my life," Dexter said at the press conference. His fellow competitors do that at their peril.

At times during the comparisons round, I felt that maybe it could happen all over again, that we would see a repeat of the 2008 Olympia, where Dexter caused a massive upset to an Olympia winner on a streak. It would have been incredible, but it was not to be. You saw in his face how close he had come when Phil Heath's name was called as the champ. But Phil's face said relief.

In a year without Kai, not that anybody should have been resting on their laurels, Dexter took it to Phil just as much as Kai has in years past. Dexter turned 46 in November, more than a decade younger than Phil. He's not human. A week later, Dexter won the Arnold Europe in Madrid, then the Prague Pro just for fun. Not human.

Phil Heath, five time Mr. Olympia. It has a nice ring to it and, after everything, there seems to have been an inevitability to it. When he stepped on stage at the prejudice, Dennis James commented, "Looks like the champ to me." He looked big, he looked confident and, although he's somehow changed the anatomy of his midsection since his first O win in 2011, his abs were tight. He crispened up a little for the finals but his condition wasn't at its best ever. He did, however, beat 2014 Phil Heath, which is what he always sets out to do: beat the previous version of himself.

And that most muscular just can't be beat.

What did we learn? Count Dexter out at your peril. A Kai-less Olympia can still be entertaining and full of surprises. Phil Heath is thinking about his legacy but he's not unbeatable. 



Top three: Dexter, Phil and Shawn.



The rear view of the top four.

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The Advent Of Classic Physique

By Thomas DeLauer

A new NPC category will breathe competitive life into athletes who are stuck between divisions.

When the NPC introduced the Men's Physique division in 2012, many of us jumped on board and thought, "What an awesome idea!" We used it as a chance to get on stage and showcase everything that we've worked for but without having to make some of the tremendous sacrifices that come along with traditional bodybuilding.

In effect, the introduction of Men's Physique and Women's Bikini invigorated an industry and put the entire spirit of bodybuilding and fitness back into a position of positivity and attainability. It allowed many of us to believe that it was again possible to achieve a body that was worthy to step onto a stage and show to an audience.

But what happened as time rolled on and the new division began to evolve? It wasn't long before we noticed that the competitors in the Men's Physique division were getting larger and more shredded every single year. I can only imagine what a nightmare it must have been for the judges to have to keep a standard when the competitors were driving the division in different directions. Heck, I remember one scenario where I was told that I was too big and too shredded for a local show. I received ninth place despite some seriously good conditioning (see pictures).

At that time, a lack of clarification in the judging standards of Men's Physique made it so that many great athletes couldn't get past the local level. This is what drove me to stop competing. I came from a bodybuilding background and found it infuriating that I was penalised for superior size and conditioning. But that was just it: Men's Physique wasn't supposed to be about the traditional bodybuilding ideals of conditioning and size. It was supposed to be the ideal male athletic body.

So where did this leave guys like myself, guys who were caught somewhere in the middle between mass-centric bodybuilders and a beach-body Men's Physique competitors? It really left us with nowhere to go, all the while



James Allen/Model: Thomas DeLauer

watching IFBB Pro Men's Physique athletes looking more and more like mini bodybuilders. It felt like a strange time for anyone in the industry. As for me, I realised that my efforts weren't appreciated in competition, but were better spent getting into magazines and reaching the masses with my training and diet philosophies. In the end, it

worked out well for me, but that certainly wasn't the case with everyone. There are lots of tremendous athletes out there with discouraged hearts who don't know where they can take their careers or have a place to showcase their talents. But that just changed.

In September, the fitness world was hit with a relatively shocking announcement

that the NPC would be introducing a new class in 2016 that is geared precisely toward the demographic that I just mentioned. A smaller, more aesthetic version of bodybuilding called Classic Physique. I'll tell you, even being quite a bit removed from the world of competing, I still see this as an opportunity to get back on stage and truly prove what I'm good at. And I think there are many others who share that same feeling.


It seems as though the NPC, and the fitness industry in general, has taken what the spectators have been telling them and put a solid plan into effect. Bravo, NPC, bravo. After all, are people really interested in watching (or becoming, for that matter) a heavyweight bodybuilder? I think there's a certain component that attracts an audience since there is a sideshow aspect to some bodybuilders (definitely not all, many of them have beautiful physiques). By and large, though, the sport was beginning to lose its aesthetic appeal. So will the advent of the Classic Physique division change the game and bring back the beauty and the flowing lines? Will contests reward the body with the best shape and symmetry much like the original era of bodybuilding? I hope so.

One thing that I noticed immediately when it came to this new division is that there are weight limits within the height classes. This is, in my humble opinion, a great innovation. It sets a standard and gives the athletes the ability to do the most within their respective height and weight class without worrying about having to put on more size or going up against a shorter competitor within the same weight class like in traditional bodybuilding. This truly puts the focus on building an aesthetic physique rather than just adding as much muscle to a frame as possible. The weight classes that have so far been established seem to be perfectly set at the threshold that allows the athlete who wants to compete naturally to have a chance of being at the top of their weight class. This could decrease some of the drastic measures that are now, unfortunately, present in the sport. Maybe I'm crazy for hoping that this new division is going to change the game, but I truly think that Classic Physique is a step in the right direction.

At the end of the day, when we get into this sport, hobby, obsession, or whatever you want to call it, we just like to have a clearly defined reason for what we are doing. And until now, it's been



James Allen / Model: Thomas DeLauer

very tough for many of us to determine our end goal. This new division gives us a precise direction for where to go. It is ultimately making it so that the biggest, most shredded guy within a respective size and weight wins. That is all we have ever wanted. Finally, there will be less blame placed on subjective judging. Most of all, though, I'm looking forward to the idea that a lot of guys now don't have an excuse to skip leg day. 

Thomas DeLauer is an accomplished fitness cover model who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. Although he has the body to show some serious time in the gym, he embraces every day to its fullest, using a fit body and a fit mind to achieve his goals and experience new things. DeLauer lives by what he says: "I don't live to work out, I work out to live."

Facebook.com/ThomasDeLauerMP
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ELIAS DELPHINUS

"Fifty-five and feeling alive" is the mantra I wake myself up with every morning. I have been training since I was 15 years old, about the time *Pumping Iron* was released. I remember watching those icons of metal pushing through tons of weight and recognising how much fun they seemed to have while developing themselves into looking superhuman. As a result, my love affair for weight training began, which was instrumental in achieving a football scholarship to play for an NCAA (American football) Division 1 university: The University of Houston. Consequently, this led to an invitation to the Seattle Seahawks training camp where my love for the game quickly dwindled through injury. So what does a 115 kg man do who loves to train? He becomes a bodybuilder of course!

My bodybuilding career was reasonably short-lived due to the academic demands of chiropractic college in Houston, Texas. However, I did qualify for the Mr. America show by placing third in the light heavyweight division of the Mr. Texas in 1983. Little did I know back then that at age 55 I would be making another run at an IFBB title on a different continent.

A 20-year career as a chiropractor coincided with the greatest achievement of my life: being the father of daughters, Skylar and Elysia. They are responsible for making me a better man. It was during those more domestic years I became a bit more introspective and turned to martial arts and yoga as my primary sources of fitness. Don't get me wrong, though, I always maintained a reasonably well-equipped gym out in the garage, which was a great environment to raise two daughters.

The pinnacle of my martial arts career was found in the opportunity of representing Australia in the World Muay Thai Championships in Bangkok, Thailand as part of the Australian medical team in 2004. I learned so much about myself though kickboxing and yoga. I learned how to weather the storm and allow it to pass over and through me without becoming emotional, an invaluable lesson that I would soon appreciate.



Some of you readers may be wondering how one gets through significantly devastating events in life. I have to be honest with you; I never knew myself until a series of them came knocking at my door. Hence, the only response I knew was to do what I knew best and what was best for me, which was found in training and academics.

This two-pronged approach served body and mind to become a functional and fit single dad, raising two adolescent daughters. I began hitting the pads, lifting weights and enrolled into post-graduate studies at the University of the Sunshine Coast (USC) while working night shifts in security. I soon became a tertiary lecturer in the sports and health sciences, coordinating courses at both USC and Bond University.

I have been training since I was 15 years old, about the time *Pumping Iron* was released.

I am now two-thirds of the way through a PhD in biomechanics and living in Melbourne. I train at MBS Gym in Prahran with a goal of obtaining my IFBB pro card by the time I'm 60. My expertise in holistic health care, strength and conditioning has landed me a dream job as the high performance manager of Platinum Athletic Fitness in South Melbourne. I am also the director of Epic High Performance Strength and Conditioning, where I consult and direct clients on a variety of goals. Furthermore, I supervise a security team at The Saint Hotel in St. Kilda, as well as fulfil roles in personal protection as a bodyguard.

In conclusion, a Weekend Warrior, whether male or female, is an individual who has trained enough and faced the physical discomfort that training provides enough to generate the character to overcome obstacles without compromising his or her principles. This is the key to longevity; this is the key to creating a life worth living.

VANESSA TRANFIELD

If you'd told me a few years ago I would be standing on stage, oiled up in a shiny bikini and being awarded a trophy, I wouldn't have believed you.

I first discovered the bodybuilding industry back in 2012 while studying my personal training course. My friend who was in the industry was always showing me pictures of girls with muscles and abs, and straight away I fell in love and said, "I want to be like that."

I had always been into sports and training but I was the typical cardio bunny, doing classes, boot camps and some sport-specific training. Then I found a bodybuilding trainer, Katerina Vargina, and started training my butt off and eating clean. Since then, I have never looked back.

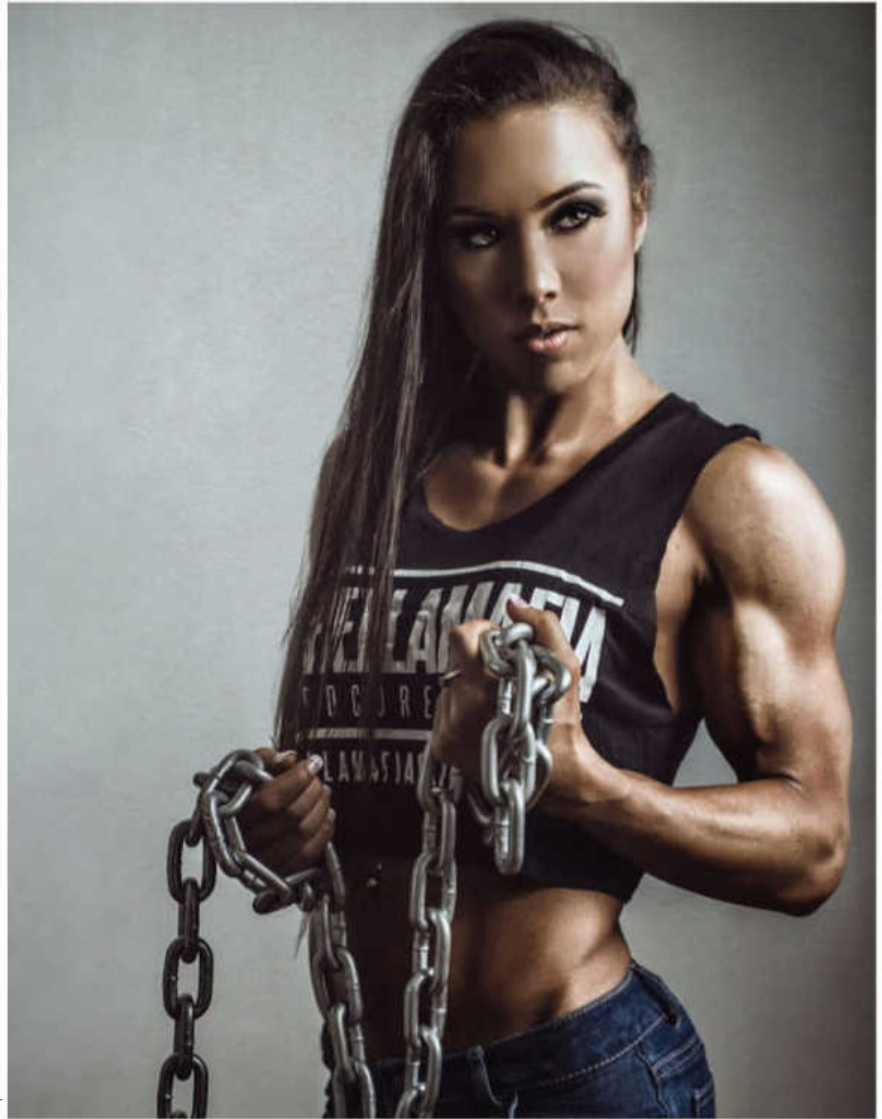
I always train hard and focus on my goals, one of which is to obtain an IFBB



Belle Photography

pro card. It's my passion and I live and breathe it! I have done many sports in the past as I've always been sporty and very competitive — for seven years I did both golf and tennis — but bodybuilding is the sport I love the most. It's challenging but rewarding because even if you don't win a trophy, you're still a winner for making the stage. You always can feel proud of your accomplishments — plus, you look awesome.

The people who I look up to and inspire me are my amazing coach/trainer and friend Rachael White, Amanda Doherty, who prepped me for my very first show, and Katerina



Snipershot

Vargina, who first got me started. I also love Larissa Reis, Dana Linn Bailey, Melissa Sarah Wee, Shanique Grant, Oksana Grishina — the list goes on!

Taking first place in the Figure Novice in September at the IFBB Victorian Championships was amazing! I can't wipe the smile off my face and this has inspired me to create an enhanced package for the Arnold Classic in March, 2016! So excited! My future aim is to keep improving and perfecting so one day I can acquire an IFBB pro card, compete overseas and inspire others.

I love the fitness industry so much and want to inspire girls to lift and eat

clean — not starve themselves and do loads of cardio, which I admit I used to do when I wanted to lose weight years ago. I currently work in real estate but also commenced work in a gym in 2013; I love the challenge presented in real estate but I also love helping people in the fitness industry, which is why I engage in online nutrition and training programs, to provide advice for people looking to get fit and maybe one day compete: train hard, lift, eat clean and never give up! And if you want to compete, take your time building muscle, don't rush.

I can be contacted via email vanessatranfield90@gmail.com

PHILIP BABITSKY

I had always liked the large, muscular look. It radiated a feeling of power to me. In fact, the first time I was really drawn towards lifting weights was at the age of seven after seeing Arnold Schwarzenegger in *The Terminator*. I was dumbfounded by how good Arnold looked. Since then, I've always had a dream of becoming a successful bodybuilder who would one day be compared to Arnold himself.

Over the past few years, as I kept training, my motivation remained high due to the desire of being successful. When I was on a tighter budget and had to remain consistent with training, I would run and walk up to 12 kilometres to the gym, work out for two-and-a-half hours and then walk back home.

Early on, my protein source was cheap and simple: tuna and plenty of it! Training was usually followed up with work and university studies. I stayed motivated by telling myself that every workout got me one step closer to being the best-built man in the world and, hence, I have continued to work hard.

My approach to training is quite conventional while implementing a lot of older era training methods, which includes a lot of heavy free weight movements, followed by cable work over a few hours, together with cardiovascular exercise. The diet remains quite similar year-round; however, when I am in competition mode, I simply lower the fat and carbohydrate intake to the desired level. With such consistent effort, I have been able to raise my bench press to 175 kg, my squat to 215 kg and my deadlift to 265 kg.

Since I started competing, I have improved in huge strides. My aim is to become a professional bodybuilder in 2016 and win the Natural Mr Olympia and other world championships, which I think is an obtainable goal with the right work ethic. I have been coming second and third in competitions and, believe me, it does not represent my full potential, hence taking 2015 off to grow further. So far I have been successful in gaining more strength and size while retaining reasonable conditioning.



Danny D'Wello



Danny D'Wello

I believe with hard work and dedication I will be able to reach a natural, lean body mass of 97-to-98 kg, which in my opinion will be enough for my height in order to reach the world stage and win. In doing so, I would like to show the masses that with consistent hard work, any person can get stronger, more muscular, become the best that they can be, and consequently become a world-class athlete — regardless of what they are told. And not just in muscle building, but in all aspects of life; that hard, consistent work triumphs.

My approach to training is quite conventional while implementing a lot of older era training methods.

One of the important aims of this endeavour is to show to the average person — who is used to seeing photographs of athletes in final form and become discouraged due to the potentially titanic amount of work required to reach such physical development — that gradual changes lead to great, world-class results. Through a time lapse of chronological photographs, it will be highlighted that consistency is key to success, and that in implementing a dietary and training program, great changes can be made, and that these changes take time. I believe that a time lapse documentary will give millions of people hope and provide much-needed encouragement that it is possible to make, improve and become the best and consequently better selves; ultimately having the potential encouragement that the world needs to become healthier, fitter and happier. I think it is everybody's duty on this planet to make someone better and happier. By improving someone else's life, we have ultimately lived and not merely existed.

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DANIELLE HALFORD

My name is Danielle Halford. I am 28 and a mother, wife, fitness model and have been a professional photographer for over 10 years. I am from country Western Australia and I am a huge follower of *Iron Man Magazine* and love that I have the opportunity to share my story and inspire others.


In 2014, I competed in seven bodybuilding/fitness competitions and received six first places, which has all been a huge shock to the system and very overwhelming. I was told it was one of the most successful seasons ever. I've planned to compete at an international level throughout the next couple of years.

I have always been a very active and sporty person but I now have really developed a strong passion for fitness and would love to show other women that all it takes is to give it a go.

It was through my work that I was introduced to the fitness world. I was contracted to take photos of a competitor at a bodybuilding competition. It was at that point I thought, 'I could do this,' and I was instantly hooked. I decided to pick a competition and start training towards it myself.

After just six months of training, I stepped on stage for the first time. At the 2014 May state WA INBA titles, I was feeling incredibly nervous and not ready. I tried to take my mind off it by talking to all the other competitors backstage; they were all so friendly and helpful. My first category was Bikini Mumma, as I have an eight-year-old son. I took out first place. My heart was thumping — it was incredibly exciting! I then went on to win the overall title Miss Bikini Model for Western Australia. I was absolutely blown away and looked forward to setting the next competition date.

Two of my dreams and goals are to earn my pro card and to have a feature or a cover in *Iron Man Magazine*. I have been inspired by the girls and guys I see in this magazine and now I'm hoping to inspire others.

I have now built up thousands of followers on Facebook in just a few short months and now strive to inspire others and continue to learn as much as I can from the fitness world. 



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Richard Taylor, Michael Tran and Thomas Azimi
— the Mr. Vitamins Sports Nutrition team

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How did you become involved in the health and supplement industry?

I was introduced to supplements in the late '90s when I was competing in track and field at a high level. Creatine was new to the market and I used it to improve my strength and energy. Since then I have been involved in the fitness industry as a personal trainer, and made a transition to advising about nutrition, weight loss and body shaping, as well as nutrition for high performance sports and fitness. I have had an ongoing interest in supplements so that I can continue supporting people to achieve their body-related goals.

What can you tell us about the origins of Mr. Vitamins?

Mr. Vitamins was established 24 years ago by Abraham James, who is both a pharmacist and a naturopath. His vision is to create Australia's most dynamic stores for vitamins, fitness products and health foods. Mr. Vitamins believes everyone can enjoy their journey to health, and we're keen to support with great advice and the best products, prices and service.

What sort of products does Mr Vitamins specialise in?

Mr. Vitamins has a full range of the best sports nutrition supplements, natural health supplements, practitioner-only herbs and vitamins as well as a great selection of health foods.

What does your company offer that others don't? What sets you apart?

Our advice from qualified practitioners has helped build our reputation — so you know you are getting the best products to achieve your health goals. You can also book an appointment at the Mr. Vitamins clinic, either in-person or via Skype. We have a training studio in Chatswood, NSW for private fitness and workout sessions.

Who is your target audience for your products?

Anyone who wants to change their body quickly — and be healthy at the same time.

Why do you think Mr. Vitamins has been so successful?

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HOW TO BUILD KILLER LEGS



By Josh Dickinson

“Guilty as charged, your honour — I don’t squat!”
Yes, you heard that right. Squats are not part of my program. And they haven’t been for a number of years now. Heck, while I’m at it, I might as well also announce that I don’t deadlift either. Yeah, I know what you’re thinking... “Bro, do you even lift?” How can I even call myself an athlete if I don’t squat or deadlift?

**— WITHOUT
SQUATS!**



KILLER LEGS NO SQUATS

Is this the ultimate cardinal sin for a lifter? I feel like I am in the confessional, revealing my deepest, darkest secret when I say that I don't squat. I may have somewhat plausible excuses because I have a recurring lower back complaint and, in all honesty, I could probably spend some more time rehabbing, but I just don't see the need. However, my leg development continues to progress towards my goals even without squats in my program, so I must be doing something right, right? Squats don't mean squat!

Building with the basics

Yes, I spent my formative years heavy squatting and deadlifting. Back then I trained hard and heavy, working up to some okay poundages of a 220 kg squat and 265 kg deadlift. Not world beating by any standard, but I was progressing week to week and that is all that matters. I have always prided myself on being a hard worker. No matter the exercise, or what I am training on that day, I would always give it my all.

It always starts with your training objective. When you go into the gym, what are you doing there? Are you going through the motions, or are you moving closer to your goal? If you are a strength athlete, your goal is to get stronger. If you are a physique athlete, your goal is to change your physique.

Injuries, limitations and considerations aside, you should always be focusing on training in a manner that will take you to your desired outcome. Let's not obsess over specifics; at the end of the day it all comes down to *results*.

Focus on what you CAN do, not what you can't

So, an injury prevents me personally from squatting without any positive outcome. I wish I could, and every now and then I do play with fire, but the burn's not so good. So what should I do?

Should I continue to flog a dead horse, potentially injure myself more and more with each subsequent session? Or should I back right off and dedicate an extended period of time and sub-maximal performances to work on the squat? As I said, I do sometimes test the boundaries, but that never lasts.

I've learnt not to focus on what I can't do when I can focus on what I *can* do, enabling me to achieve my goals. There will always be a substitute exercise, depending on your goal, of course.



Focus on what you can do, not what you can't.

You see, this is the thing. For every 10 people who promote that they squat, or that squat ATG (arse-to-grass), maybe one of them gets it right. Putting excessive weight on your back and moving three inches isn't a squat. It's an unfortunate truth that not many people truly know the HOW behind performing an effective, results-producing squat.

Intensity is always king

This is one proclamation I have always lived by: if you do squat, squat HARD. I don't have favourite training days, or sessions, splits or phases. I just love training. I pride myself on training hard and irrespective of what you do, intensity will always be the number-one driving factor.

There is a myth that free weights are always better than machines. But I argue that case — with intensity. For example, let's say that you were training in the gym. It was leg day, and you could either perform squats or leg presses. For squats, you only have a set of squat stands and no safety bars. The only way you could fail safely would be to dump the bar. And you don't want to do that. So this is playing in the back of your mind; there are no spotters, you are alone in the gym and unsure about training to failure. On the other hand, there is a leg press sitting in the corner with enough weight to make the exercise as effective as possible, and it has adjustable safety pins that you can set so you can safely train to complete failure.



Weight on the bar does not necessarily equal intensity.

What will potentially lead to a better result? A sub-maximal squat? Or a maximal leg press?

I would always choose the leg press in a blink of an eye and not give bypassing the squat a second thought. I mean, how good am I going to do if I am training within my limitations, unwilling to push the envelope and go for that last rep? Safety and intensity are two vital components that make any exercise effective.

There is a general hypocrisy when it comes to the debate of machines versus free weights. For that very reason, free weights aren't always a clear-cut winner. You need to take into account the performance abilities of individual trainees matched to their level of



Squats are great for building legs, but if you can't do them, that's OK too.

intensity achieved at every session. Intensity will always be the winning piece of the puzzle; do what lets you train the hardest.

So, in reality, I have no problem not squatting. It hasn't hurt my lower body development in any way. In fact, I think I am beyond what I would have been if I had been able to continue squatting, because my limitations forced me to look at training in a whole new light.

Weight on the bar doesn't equal intensity delivered

Weight on the bar and training intensity I don't believe are linearly related. A heavier weight doesn't instantly mean you are training harder; it just means you are moving a heavier load. So how does a heavier weight not equal a greater training intensity? How is that possible?

Take the bench press, for instance. How you perform your movement will be directly related to your training goal. The majority of people that I train are training for composition goals — they want to look good. Yet one of my clients is a world-class powerlifter

There will always be a substitute exercise, depending on your goal, of course.



and her form is slightly different to that of her training partners.

To train for changes in body composition, I will want my pecs to be delivering the most amount of force and act as the prime movers through

the action. I want to peel myself off the bench at the end of the set, grimacing in discomfort because every rep should feel like it was splitting my chest fibres in two.

However, to move the most amount of weight, I will be calling other muscles into play. With a change of performance and set-up (think of the massive arch in the lower back and change in angle), and the position in which we lower the bar to the chest, when I blast out my reps in this fashion (depending on my training cycle), I will feel it more in my triceps and lats, as well as the pecs.

Both varieties are specific to an end goal, and both are hard. But do they deliver the same 'intensity'? No, because I believe intensity is relative to the goal. If my goal is to overload my pecs, I am going to miss the mark if I am bench-pressing like a power lifter, because the intensity related to my specific goal has diminished.

All squats but no legs

I'm not the only one who doesn't squat — have you seen some of the boys who go to the dance music festivals? Jokes aside, focus on an equal alternative that you CAN do, and then do that as well as you can.

It doesn't mean that you trade your squats for leg extensions because you want an easier exercise. No, that isn't the point of this article. To achieve progress, you need to train hard. Tomorrow, you need to train harder than you did today. Just put your focus on the exercises that you can best do, in your circumstances, for the required intensity to deliver the desired result — your own goal.

My current training program looks like the following, performed every five days with reps varying from 12 down to six over a 12-week training block:

Leg press	x 3 sets
Stiff-legged deadlift	x 3 sets
Lying leg curl	x 3 sets
Calf press	x 3 sets

Some don't believe the small amount of volume that I do, compared to others. In fact, it has had a 50 per cent increase, as I was previously doing just eight working sets, but with a desire to work a bit harder, I am pushing the intensity envelope to see what I can do. All without squats! 🍑

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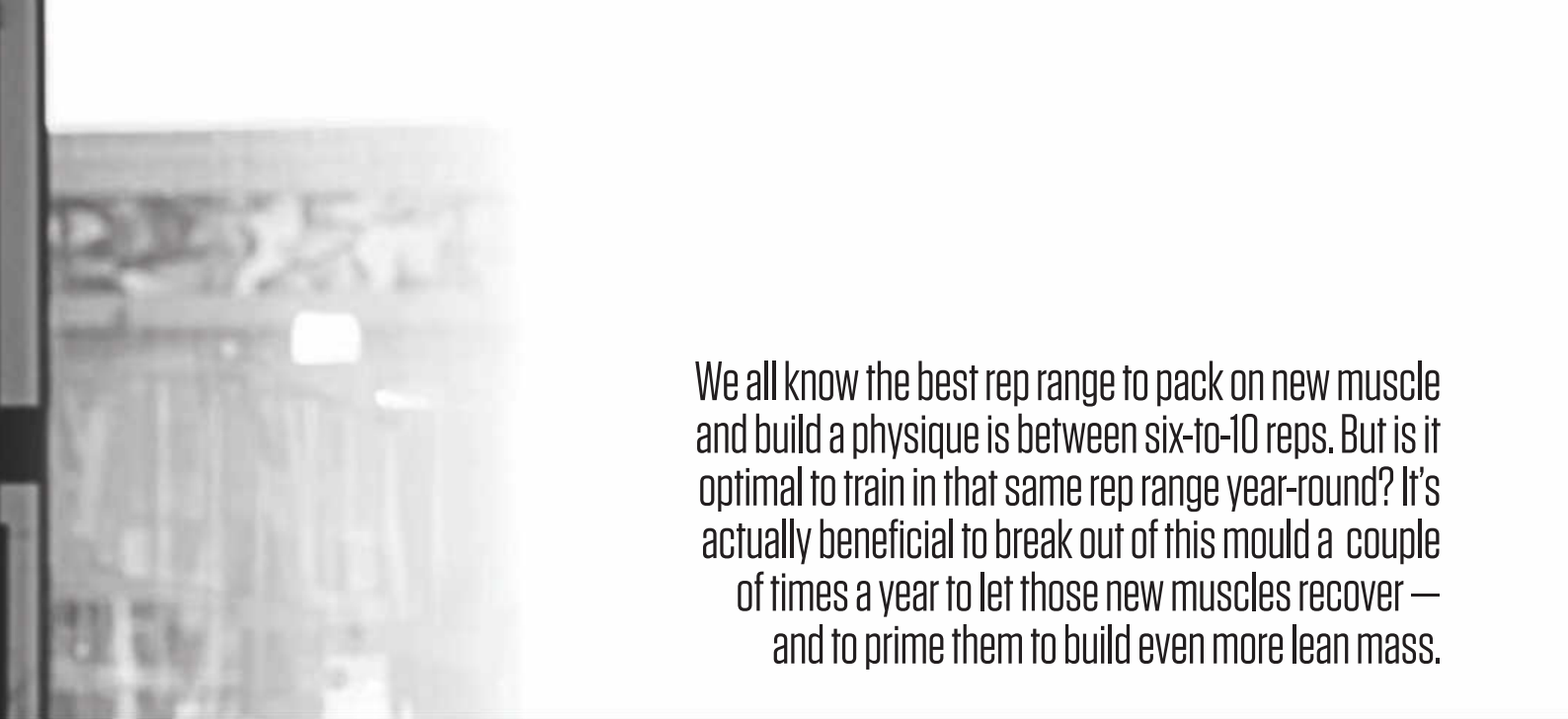


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HYPER

Model: John Panagoulas



We all know the best rep range to pack on new muscle and build a physique is between six-to-10 reps. But is it optimal to train in that same rep range year-round? It's actually beneficial to break out of this mould a couple of times a year to let those new muscles recover — and to prime them to build even more lean mass.

HIGH-REP



Prime your muscles for growth with this high-rep routine

TROPHY

By Sean Harley • Photography by Jamie Watling

HIGH-REP HYPERTROPHY

Adding in two-to-three weeks of high-rep workouts into your training progression after you've completed a couple of months of heavy training can leave you feeling looser and more recovered. It gives your joints a break and also allows your ligaments to heal and become more elastic. Working in some high-rep workouts will also improve your muscle recovery.

The occasional high-rep split will prime the muscles to be more productive when you go back to your six-to-10 rep workouts. One way that it does this is by increasing the mitochondria, which are the energy source for most cells. Higher reps will also bring more red blood cells to your muscles, which will in turn deliver more oxygen.

When you get back to your heavy workouts, you'll be fresh and stronger than where you left off. But don't worry, research has shown that you can still add some muscle mass during this high-rep phase. Just make sure you don't use weights that have you just going through the motions. For each set, try to find a weight that will have you hitting failure at the prescribed number of reps.

A great high-rep training split is to break up your workouts into two days: a Back/Shoulders/Biceps/Forearms day alternating with a Legs/Chest/Triceps day. Alternate back and forth between the two days for six days per week, which will have you hitting each muscle group three times per week. You're going to want to start with the larger groups (i.e. back and quads) and work your way down to the smaller groups. For each muscle group, pick two exercises that you will superset back and forth, trying to take no more than 15 seconds of rest between sets.

With each superset, you are going to progressively decrease the number of reps by 10, in drop-set fashion, and (hopefully) increase the weight used. We want to use a weight that allows us to hold great form while failing at the desired number of reps. If you hit failure before the desired number of reps, you can set the weight down and take five deep breaths, then continue from where you left off until you get all of the reps. Even if you have to take a break more than once, that's OK as long as you finish the set after your short breaks.

BACK/SHOULDERS/BICEPS/ FOREARMS SUPERSETS

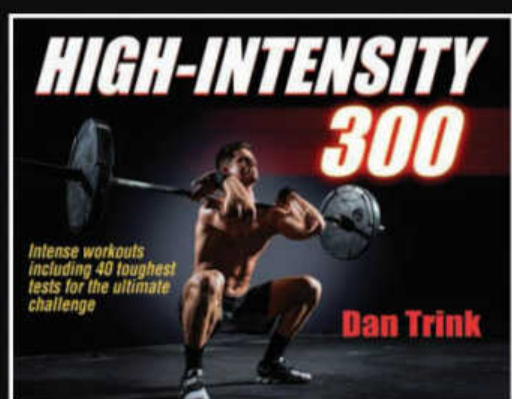
Here is a great workout for your Back/Shoulder/Bicep/Forearm day to give you an idea how to program your workouts. Remember, for each muscle group, you're supersetting these two exercise by alternating back and forth, taking no more than 15-second rests between exercises. Be surprised.

BACK	REP SCHEME
1A: Dumbbell rows	40, 30, 20, 10
2A: Supinated bent-over rows	40, 30, 20, 10
SHOULDERS	REP SCHEME
2A: Dumbbell military press	40, 30, 20, 10
2B: Lateral raise	40, 30, 20, 10
BICEPS	REP SCHEME
3A: EZ-curl barbell curls	40, 30, 20, 10
3B: Dumbbell bicep curls	40, 30, 20, 10
FOREARMS	REP SCHEME
4A: Reverse grip curls	40, 30, 20, 10
4B: Cross-body hammer curls	40, 30, 20, 10

The reps for these supersets will go 40, 30, 20, 10. So you will do 40 reps of exercise one, 15-second rest, 40 reps of exercise two, 15-second rest, 30 reps of exercise one, 15-seconds, 30 reps of exercise two, and so on until you've completed all of the reps. By the end of the last set, your target muscle should be at maximum fatigue. If it's not, you are lacking in intensity. Next time, up your effort level.



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HIGH-REP HYPERTROPHY

BACK SUPERSET



1a

Dumbbell rows

Put one knee up on a flat bench and brace yourself with your arm on that same side. Keeping your back flat and your shoulders square to the floor, initiate the motion through the shoulder blade and pull the dumbbell to your side. Lower the weight back down to the starting position until your arm is fully extended.

1b

Supinated bent-over rows

Holding a straight bar with palms out, shoulder-width grip, bend at the waist and soften the knees while sitting your weight back on your heels and keeping your back straight. Use your back muscles to pull the weight up towards your belly button. Keep the weight close to your thighs as you pull the bar up. Pull back until you have maximal muscle contraction and then extend your arms and shoulders back to the starting position.



SHOULDERS SUPERSET



2a

Dumbbell military press

Grab two dumbbells and sit on the edge of a flat bench, locking your spine in a straight position. Start with the dumbbells to the sides of your head with your palms forward and your elbows slightly below parallel. Push the dumbbells up and together. Following the same path, bring the weight back down until the elbows are again below parallel.



2b

Dumbbell lateral raises

Stand straight up while holding two dumbbells with your arms slightly bent. While maintaining this same arm bend, raise your hands up until your arms become parallel to the ground. Make a note to keep your elbow turned up which will cause it to activate more of the medial delt. Also, make sure that you hold a strict posture with your upper body, and don't allow your torso to swing back and forth with each rep.



BICEPS SUPERSET



3a

EZ-bar biceps curls

Grab the outer angles of an EZ-bar and stand straight up with good posture and your elbows to your sides. Curl the weight up, making sure that your elbows stay by your sides and do not come forward. Pull the weight up as high as you can without your elbows moving. Lower the weight back down until your arms are straight.



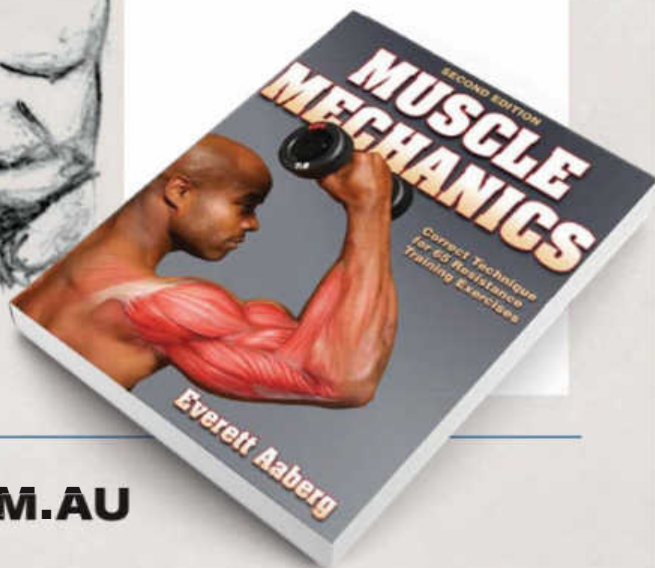
3b

Dumbbell biceps curls

With a dumbbell in each hand, stand straight up with good posture and your elbows at your sides and your palms facing forward. Keep your palms facing up as you curl the weight up, making sure that your elbows stay by your sides and do not come forward. Pull the weight up as high as you can without your elbows moving. Lower the weight back down until your arms are straight.

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FOREARMS SUPERSET

4a


Reverse-grip curls

Grab a straight bar or EZ curl bar with pronated (palms facing back) grip and stand straight up with your elbows at your sides. Curl the weight up, making sure that your elbows stay by your sides and do not come forward. Pull the weight up as high as you can without your elbows moving. Lower the weight back down until your arms are straight.



4b

Cross-body hammer curls

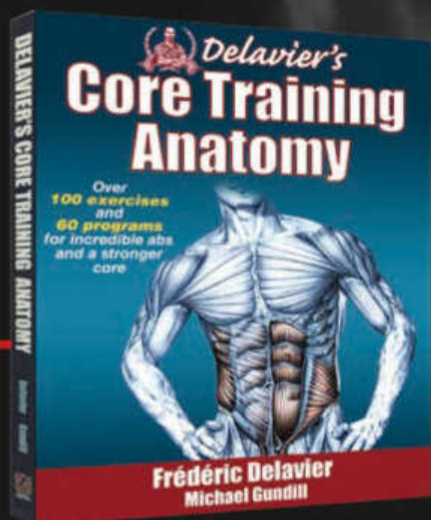
Grab a dumbbell in each hand and stand straight up with good posture and your palms facing your body. Leading with your thumb up and keeping your palms facing your body, simultaneously curl the weights up so that they meet at your midline. Pull the weight up as high as you can without your elbows moving. Lower the weight back down until your arms are straight. 



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CREATINE IS MORE EFFECTIVE THAN EVER AT STIMULATING AN AMAZING ARRAY OF MUSCLE AND HEALTH BENEFITS.



When you walk in to any nutrition store, one of the supplements that is always recommended when trying to increase muscle mass is creatine. To give you an idea of its popularity, creatine is estimated to generate \$100 million this year in sales. For the most part, we know what creatine does and how it works. New research has recently explored new benefits and the effectiveness of different forms of creatine when it comes to impacting aesthetics and athletic performance.

Creatine is a nonessential nutrient that is synthesised in our bodies and helps supply energy to our cells, muscle cells in particular. It is the primary fuel for short, high-intensity exercise. Any exercise or movement that lasts up to 10 seconds (some research says 30 seconds) uses the phosphocreatine system. Within this system, creatine has a phosphate added to it to create phosphocreatine. Phosphocreatine then has the ability to donate this phosphate group to create ATP, which is the fuel source for our cells.

Since creatine is a mediator in energy production, its use as a supplement has been widely researched. Over 500 studies have been conducted on the effectiveness of creatine as a supplement, and more than 70 per cent show significant improvements in performance. With short-term supplementation, research shows that creatine increased maximal power, strength, and repeated sprint performance. Additionally, long-term studies have shown

greater physique benefits, most notably increased lean mass.

Supplementing with creatine can even reduce fatigue. If there is more creatine available in the muscles, there can potentially be more phosphocreatine available to create energy. Another way it can reduce fatigue is by acting as a buffer. When lifting weights, there is an increase in hydrogen ions in the muscles, which cause 'the burn' as you fatigue. However, there is a reaction in the phosphocreatine system that consumes a hydrogen ion. This staves off the burning sensation that forces you to put down the weight. So less burn means you can go longer in your set and potentially lead to shorter recovery times between sets.

Another benefit to creatine supplementation is greater expression of IGF-1, an important hormone that dictates muscle hypertrophy. It activates a specific metabolic pathway (mTOR), which is responsible for protein synthesis. Although no studies have been able to show directly that this is the cause for greater muscle mass in individuals who supplement with creatine, it's likely that this is one of the possible mechanisms by which creatine helps you get jacked.

HOW TO USE IT

The most common way to take creatine is to load it for about a week, using five-gram doses spread four times throughout the day. Once the muscle becomes saturated, a maintenance dose of three to five grams per day is used. This causes a rapid increase in creatine concentration and is useful for someone who has a competitive event in the coming days.

Another popular method simply employs three to five grams of creatine per day from day one. Although there is no rapid saturation in the muscles, saturation will occur after about 28 days. This is relatively cheaper and less likely to lead to GI distress and weight gain. A third method is supplementing according to body weight, which is believed to produce a more precise dose since muscle mass is partly responsible for absorption of creatine. If this is your chosen method, a dose of 0.3 grams per kilogram of



Photo: Begovic/Model: Ako Rahim

body weight is recommended for loading and .029 grams per kilogram of body weight for maintenance.

Because creatine supplementation does cause weight gain, it's something that physique competitors should approach carefully. But recent work has shown that if you supplement relative to your body weight, you may still be able to receive the benefits of creatine without the added pounds. In fact, supplementing with as little as .03 grams per kilogram per day can still lead to improvements in performance.

When co-ingested with carbohydrates and proteins, it appears to be absorbed by the tissues better due to specific transporters that are

activated. So 50 to 80 grams of carbs and/or 30 to 50 grams of protein will help get more creatine in your muscles. Lastly, there is no need to cycle on and off creatine. Recent research has shown that the receptors and endogenous synthesis (what we make in our bodies) are not negatively impacted. But if you do wish to cycle, take between four and six weeks off. »»

TYPES OF CREATINE

The most common form of creatine is creatine monohydrate, but because people can be 'non-responders', supplement companies have started

generating different forms of creatine to reach a greater number of individuals. Here's what we know about the different forms, how they work and who can benefit from them.

CREATINE MONOHYDRATE

If you have tried creatine before, it was most likely creatine monohydrate.

"IF YOU AREN'T RESPONDING TO CREATINE MONOHYDRATE, GIVE CREATINE MAGNESIUM CHELATE A TRY."



This form is the most widely available, most researched, and most commonly used form of creatine. It also produces the most consistent results. Therefore, if you respond to creatine monohydrate, it's probably best to stick with it simply because it's more consistent than other forms.

CREATINE SALTS

Although there are a number of creatine salts (creatine bonded with a strong acid to form a salt), only a few have been adequately researched. A popular form is creatine HCL; however, no scientific evidence exists on its effectiveness. There are other creatine salts that have been reviewed scientifically, such as creatine pyruvate, creatine citrate, and magnesium chelate salts.

Creatine pyruvate has been shown to decrease lactate concentrations and spark improvements in aerobic metabolism. Unfortunately, the research has been conflicting and none of the studies have compared creatine pyruvate to creatine monohydrate. This also goes for creatine citrate. Studies have shown increased anaerobic work capacity and delayed fatigue, but none have compared it to creatine monohydrate. So they can be ergogenic, but will it outperform monohydrate? This question remains to be answered.

Creatine magnesium chelate is becoming more popular in supplements. It has been shown to be at least as effective to monohydrate and may possibly increase intracellular water concentrations of creatine because it has greater water solubility. Therefore, if you aren't responding to monohydrate, give magnesium chelate a try.

CREATINE TIP

Do not consume creatine with a caffeinated beverage. Caffeine can negate the benefits of creatine, leaving you confused as to why your performance and lean mass has not improved. Save the creatine for after your workout.



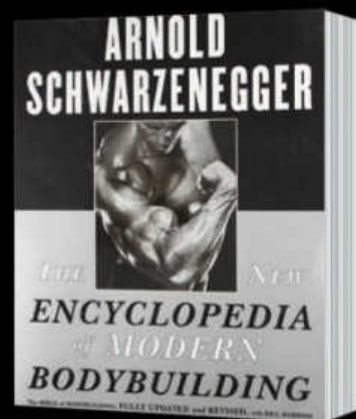
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CREATINE: CURES WHAT AILS YOU

Creatine supplementation is not just for athletic performance. Research has shown that creatine, when dosed appropriately, improves hydration and heat tolerance during exercise. When creatine is absorbed into the body, it requires more water to be absorbed as well in order to achieve balance. This leads to increased total body water and a lower core temperature during exercise.

Another frontier that is expanding with creatine supplementation is its effect on cognition, which is vital to athletic performance. Research has shown that creatine increased IQ scores and memory in treatment groups. This research provides a valuable platform for determining if creatine supplementation is a viable treatment for those recovering from traumatic brain injuries.

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CREATINE

CREATINE ETHYL ESTER


This form of creatine was produced to help increase bioavailability; however, it is somewhat controversial. It's a very popular substitute for monohydrate, yet it has not been shown to be better than monohydrate. My advice: Stick to the monohydrate or try the magnesium chelate, as this form has not been shown to be superior.

“RESEARCH HAS SHOWN THAT CREATINE INCREASED IQ SCORES AND MEMORY IN TREATMENT GROUPS.”

CREATINE MIXTURES

Creatine mixtures, also known as PEG creatine, have been created to try and increase water solubility of creatine, as well as half-life and resistance to degradation due to pH. This would mean that smaller doses can be used and there is a smaller likelihood of GI distress. And for the most part, this has been supported. In fact, the studies used smaller doses (one to 2.5 grams) of the creatine mixture compared to a five-gram dose of monohydrate. It appears that the PEG creatine is effective but may not outperform monohydrate at smaller doses than what was used.

CREATINE PRECURSORS

The main form of this is Creatinol-O-Phosphate (COP) and is not actually creatine. It is structurally similar to creatine and thought to act as a precursor. Unfortunately, to my knowledge, only one study has investigated its use as an ergogenic aid. And while it did improve handgrip strength, COP was delivered via injection or infusion. Therefore, more research is needed to determine the effects of oral supplementation of COP on performance. 

CREATINE ON THE MARKET



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Available in Australia through Elite Distributors, Ultimate Nutrition's Creatine Monohydrate is based on the science presented in this article. Creatine is beneficial for endurance athletes and can, in fact, extend endurance at a relatively high dose of 20g per day. Creatine monohydrate is also great for resistance trainees to take in order to increase muscle mass.

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Bulk Nutrients' Creatine Monohydrate is micronised to 200 mesh and is pharmaceutical grade. In addition, Bulk Nutrients has a range of creatine products, including Creatine Ethyl Ester, Creatine Tri-Malate and Creatine Nitrate capsules, as well as multiple pre-workout formulas that contain creatine. They also have the new mental performance product Cognitone, which utilises creatine in addition to 13 other ingredients for maximum performance.

Available from www.bulknutrients.com.au

ATHLETIC XTREME GERMAN CREATINE

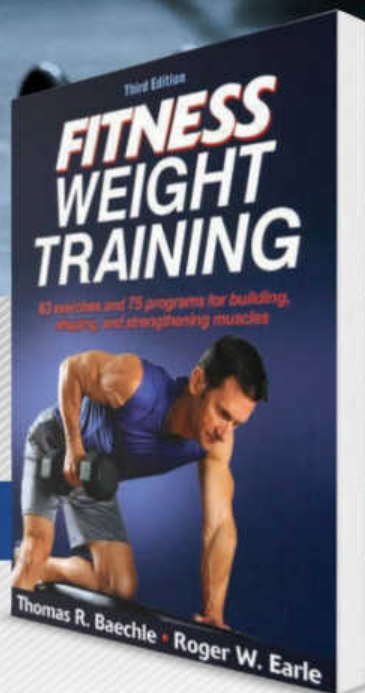
AX German Creatine's creatine monohydrate is Creapure, which means it's 99.95 per cent pure. It is HPLC purity tested and BSCG tested. Distributed in Australia by Pump Nutrition, AX German Creatine is designed for post-workout consumption and for use in a loading phase and then a maintenance phase.

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INTERVIEW BY DR. CAT BEGOVIC
PHOTOGRAPHY BY BINAIS BEGOVIC

With a name like Tasha Star, you can only expect greatness. This Canadian-born beauty definitely delivers. She is a combination of toughness and sexiness, and her personality shines through in everything she does. For a long time, bikini competitors haven't been taken as seriously as athletes, but Star crushes those myths and proves bikini girls are a force to be reckoned

with. We took her to one of the most hardcore weight rooms in the world, Metroflex Gym in Long Beach. Her warm-up was swinging hammers, flipping tires and heavy squats. Without batting an eyelash, she confidently walked through the throng of bodybuilders to get to the free weights. She didn't just belong in this gym, she *owned* this gym. You can see her energy shine through in every photo.





Dr. Cat Begovic: Tell us a little bit about yourself. Were you always so athletic?

Tasha Star: My background definitely didn't start in fitness. I have been athletic my whole life, competing in national-level equestrian show jumping. I was a psychotherapist with my own practice for about three years before quitting and making the switch to a career in fitness.

CB: How did you get involved in fitness?

TS: I had dabbled in the gym on and off for years, but in my early twenties I decided to sign up for some personal training. A friend showed me the basics of more bodybuilding-style training, which I instantly fell in love with. A few people encouraged me to compete, so I prepped for my first show in 2013. I was interested in knowing why I was doing specific things to prep, so I did a lot of my own research and tried to learn as much as I could. I did my own prep for my second show and then started getting approached for help from other individuals wanting to compete. My social media grew quickly, and I kind of fell into this career.

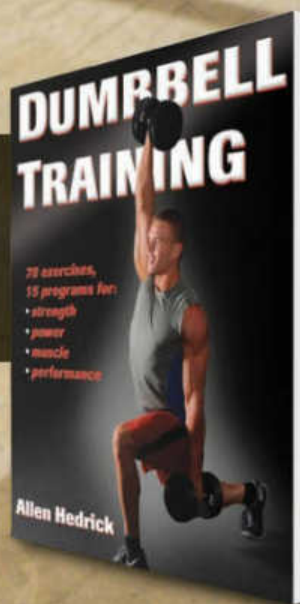
CB: What competitions have you been in?

TS: I've done several competitions in Canada as well as the Arnold Amateurs earlier this year. I'm now permanently nationally qualified after winning the overall at Ontario earlier this year. I did nationals earlier this year, but it didn't go as well as I hoped, so the next stop will be Arnold again in March 2016.





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TASHA STAR

AGE: 30

LIVES: Toronto, Canada

LIKES: Training, horses, my dog, cars, travel, food (specifically doughnuts!), positive inspiring people

DISLIKES: Negativity, arrogance, laziness

DRIVES: 2016 Subaru WRX

WOULD LIKE TO DRIVE: I have a major car fetish! I want a fleet of cars one day. American muscle: Challenger or Nova; Import: STI; Truck: Jeep Grand Cherokee SRT8; Exotic: Zenvo ST1

FAVOURITE VACATION SPOT: Cayman Islands

LISTENS TO: Trap/hip-hop/ heavy house — anything with a really aggressive bassline

LATEST SEEN MOVIE: *Vacation*

FAVOURITE QUOTE: "You will never know your limits unless you push yourself to them."

SPONSOR: Blackstone Labs

INSTAGRAM: @tasha_star_fitness

SNAPCHAT: tashastarfit

TWITTER: @tashastarfit

PERISCOPE: @tasha_star_fitness



CB: What do you love best about competing? What do you hate?

TS: I pretty much love all aspects of it. I think I actually hate having to have an off-season. I love being on the stage, and I'm extremely competitive. I think to be a good competitor you have to really love the whole process. Yes, it's tough, but if that passion isn't there, you'll never give it 110 per cent, which is absolutely necessary in order to succeed.

CB: What have some of the challenges been for you?

TS: It's definitely a challenge getting a pro card and being from Canada. We only have one pro qualifier in Canada per year, and they only give out two pro cards for bikini — one for overall and another competitor of their choice. We are allowed to do Arnolds and North Americans, but there's still significantly less opportunity than in the US, especially considering many of the American national shows give a pro card to each height class winner!

CB: What does your training and diet look like?

TS: My training is five days on, one day off. Three of the days are leg days. Yes, three! The other two are upper-body days. I am upper-body dominant, so I keep that training a bit more restricted. As for diet, I follow the whole flexible diet movement [also known as If It Fits Your Macros, or IIFYM]. It gets a lot of flack because of the individuals that use it to eat as much junk as possible. I prefer to keep my foods 90 to 95 per cent clean and have the occasional indulgence, which still fits my macros and won't effect overall fat loss or ability to reach my goals. I definitely have a weakness for doughnuts, so that's usually where my 'bad macros' come from!

In terms of supplements, I'm a big believer in vitamins and minerals, so I make sure I take vitamin C, D, B-complex, zinc, and magnesium daily. I also take omega-3s and probiotics.

CB: What are your fitness goals?

TS: I'm definitely gunning for that pro card in the next year, so that's number one! I also want to continue to grow my brand as both a coach and model. I'm currently working with Amer Kamra and Team Hammer in Canada as both an athlete and coach,

and we have a lot of exciting stuff coming up! I recently released an e-book with Amer, and we have plans to do more of those kinds of things in the near future, along with a website that will be launching soon!

CB: What is your favourite body part on yourself?

TS: I would have to say my back. It's my strongest body part probably stemming from my background in

equestrian. It stays conditioned year round and always looks detailed! I'm pretty proud of it.


CB: What's your favourite body part on guys?

TS: Arms! I love a nice set of arms — delts included. I feel like arms are often the first thing that you make contact with on another human, so that initial strength and aesthetic appeal from them is very attractive.





CB: Is this your first fitness magazine feature? What was it like shooting for *Iron Man*?

TS: I've had a few small features but nothing quite this big! I was pretty overwhelmed to get the opportunity and the whole experience was amazing. Binais [US *Iron Man* publisher and photographer] had some amazing concepts for the shoot and has a fantastic eye. Also the whole production including the videography was a great addition! I absolutely loved the gym we shot in. It was very hardcore and badass — kind of like me! 

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Here's some quick & easy recipe ideas to get you started.

HIGH PROTEIN CHOC BANANA & CARROT LOAF



DRY CAKE INGREDIENTS

- 2 SCOOPS (60g) International Protein Naturals Chocolate WPI
- 2 SCOOPS* (70g) coconut flour
- ½ tsp (2.5g) salt
- 2 tsp (10g) baking powder
- 1 SCOOP* (60g) granulated stevia (for baking)
- 1 tsp (5g) each cinnamon, cardamom, nutmeg
- 1 SCOOP* (50g) chopped walnuts, plus extra for decoration
- ½ SCOOP (10g) International Protein Naturals Egg Albumen

WET CAKE INGREDIENTS

- 1 SCOOP* water
- 4 eggs, well beaten
- 4 ripe bananas, mashed
- 2 medium carrots, grated
- 1 tsp vanilla essence
- ½ cup unsweetened almond milk

COCONUT PROTEIN ICING INGREDIENTS

- 3 SCOOPS (60g) International Protein Naturals Chocolate HYDRO WHEY
- ½ CUP (150g) low fat coconut yoghurt

1. Combine all the Dry Cake Ingredients in a large bowl.
2. In a separate bowl combine all the Wet Cake Ingredients until well mixed.
3. Make a well in the centre of the Dry Cake Ingredients and pour in the Wet Cake Ingredient mixture. Stir with a wooden spoon until just combined. Do not over mix.
4. Pour mix into an oiled loaf tin and bake at 160°C for 50 minutes, or until a skewer comes out clean.
5. Allow cake to cool slightly before turning out onto a cake rack. Allow to cool fully before topping with coconut icing.
6. To make icing, combine International Protein Naturals Vanilla HYDRO WHEY and coconut yoghurt.
7. Spread over the top of the cooled cake and top with extra chopped walnuts.



SPINACH & SWEET POTATO TORTILLA

30g (½ small packet) baby spinach leaves (remove any long stems)
 3 tbsp olive oil
 4 tbsp water
 75g (½ large) onion, chopped coarsely
 150g orange sweet potato, sliced approx. 1 cm thick
 1-2 cloves garlic, peeled and crushed or use a minced garlic (1-2 tsp or to taste)
 1 ½ SCOOP (30g) International Protein Naturals Egg Albumen
 210ml water
 2 (55g each) Xlarge whole eggs, lightly beaten
 2 SCOOPS (60g) International Protein Naturals ISO-PEA Natural Pea Protein
 Salt and pepper to taste



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1. Pre-heat oven to 180°C
2. Spray a shallow baking pan with oil.
3. Place spinach leaves in a colander then pour boiling over to blanch, then set aside
4. Place 1 ½ tbsp. oil and the onion in a medium saucepan and mix to coat the onion in oil.
5. Place a lid on the saucepan and heat over gentle heat to sweat the onion for 5-10 minutes.
6. Stir every few minutes and add 2 tbsp water if the onion starts to burn and stick.
7. Take the sweet potato slices and cut into half circles.
8. Add another 1 ½ tbsp. oil and the sweet potato and garlic to the saucepan, stir to coat with the oil.
9. Replace lid and heat gently, stirring every few minutes until sweet potato is soft but not mushy. Add 1-2 tbsp water as required to stop the sweet potato from burning.
10. Once cooked, remove from heat and set aside.
11. Whisk the International Protein Naturals Egg Albumen into the water until dissolved.
12. Whisk the whole eggs in a medium bowl until well combined.
13. Add the International Protein Naturals Egg Albumen mixture to the whole eggs and whisk to combine.
14. Whisk the International Protein Naturals ISO-PEA Natural Pea Protein into the egg mixture until well combined.
15. Season to taste with salt and ground black pepper (or other spices if desired).
16. Fold the sweet potato, onion and spinach gently into the egg mixture and stir until evenly mixed.
17. Pour mixture into the oiled baking pan, making sure mixture is evenly spread across the pan.
18. Bake in oven for 15 minutes at 180°C.
19. After 15 minutes, mixture should shrink away from sides slightly. Remove from oven and 'flip' the tortilla to expose the underside.
20. Return to oven and bake for a further 5 minutes at 180°C.
21. Remove from oven and allow to cool slightly before slicing into wedges.
22. Serve hot or cold with a green salad



QUINOA HIGH PROTEIN FRUIT SOUP

100g quinoa
 300ml water
 50g roast hazelnuts, coarsely crushed
 6 tinned plums, stones removed, roughly chopped
 2 SCOOPS (60g) International Protein Naturals Vanilla WPI
 100ml juice from tinned plums
 1 tsp ground cinnamon
 Strawberries and mint leaves to decorate

1. Place water and quinoa in a medium saucepan, bring to boil then reduce heat and simmer gently for 15-20 minutes until quinoa has softened and swelled.
2. Drain off any excess water.
3. Place the cooked quinoa into a medium serving bowl and allow to cool for about 15 minutes.
4. Add the plums and crushed hazelnuts to the quinoa and stir through.
5. Mix the International Protein Naturals Vanilla WPI, fruit juice and cinnamon into a paste and stir through the quinoa mix.
6. Refrigerate for 2 hours.
7. To serve, top with strawberry halves and garnish with mint leaves.

*use the SCOOP from the International Protein Naturals

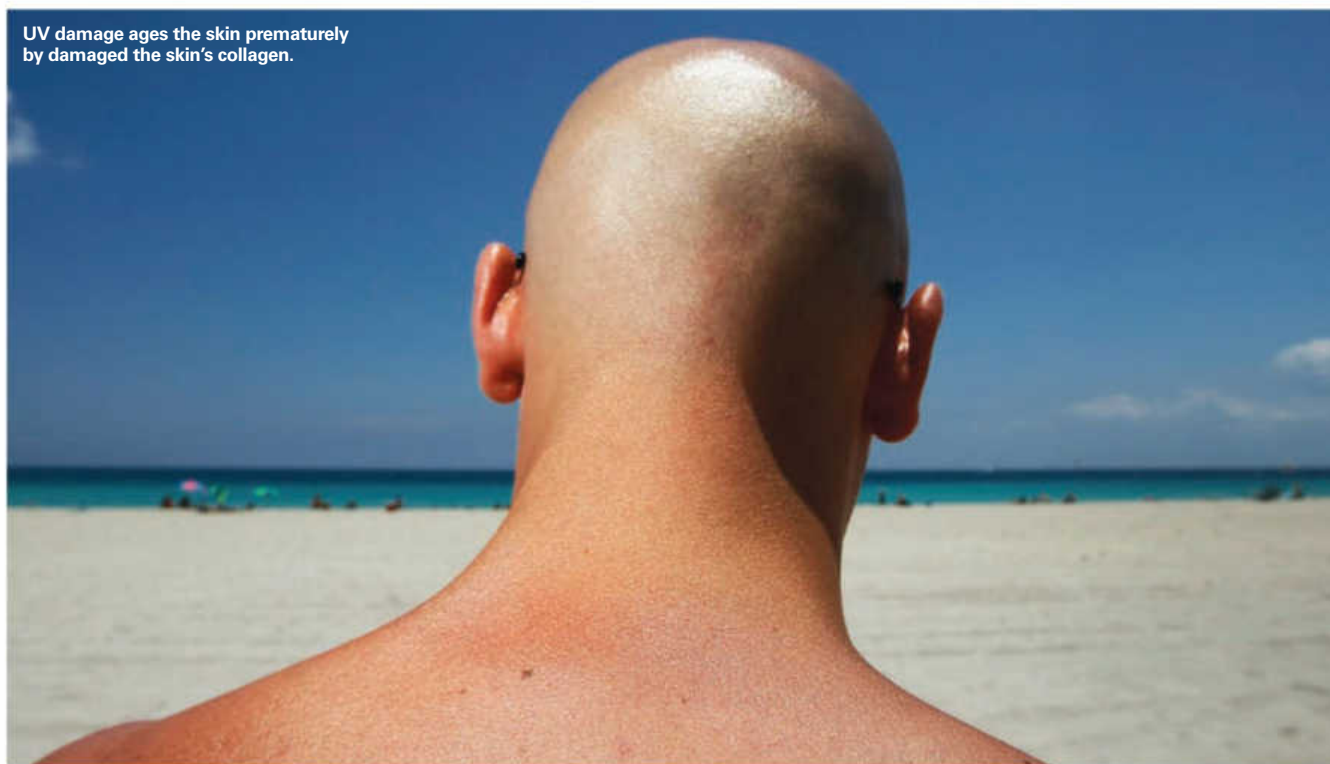
NOTE: Except for the Egg Albumen, you can substitute any of the International Protein Naturals Proteins in these recipes to suit your individual Clean Eating needs

Skincare 101

By Daniel Hedger

The skin can take a lot of damage, so here are some tips to improve yours and minimise future problems.

UV damage ages the skin prematurely by damaged the skin's collagen.



Getty

As much as we believe we can change our bodies and ward off the aging process through exercise and good nutrition, there's one organ that takes a fair whack no matter how healthy we are: the skin. That's right, the skin is technically an organ — the biggest one — so it's only right that we treat it as seriously as any other vital part of the body.

Whether it's acne, hormonal changes, environmental exposure or constant weight fluctuations because of competition prep, the skin takes a lot of damage. As men, we often put off or outright ignore any kind of skincare regimen, but why should that be? We work hard in the gym and we work hard to get our bodies into condition, so why should skin be any different?

Here are four common issues and some expert advice to minimise their effects on your skin.

Acne

When we get in the gym, we sweat. This can be good when training but extensive sweating can clog pores and cause skin breakouts — especially if you happen to train outdoors in the sun. Acne can be caused by excess oil production, which is exacerbated by hormone changes (like after a workout), as well as dead skin cells, clogged pores and bacteria.

"Acne is usually caused by an imbalance in the family of hormones called androgens. Testosterone is one of these androgens and is present in much higher levels in men — women have and need levels of testosterone in their blood but at only about one-tenth of those in men," says Judy Cheung-Wood, managing director of SkinB5, a patented all-natural acne treatment system. "Body acne typically worsens during summer months when sweating and skin oil production levels are

higher. Stress also increases acne due to its effects on hormonal balance."

Gym-goers need to be extra vigilant, as our lifestyles and diets are acne-prone. "Most gym goers take a protein supplement, mostly whey protein, and there is also growing scientific evidence linking the consumption of dairy products, including whey protein, to acne," adds Cheung-Wood.

Other things to watch out for are gym clothes that are too tight and not breathable, irritation from deodorants and colognes and adverse reactions to washing detergent, fabric softeners or even dryer sheets.

When it comes to facial acne, the main thing is to keep your skin clean and to always wash your hands before touching your face. "Wash your face twice daily with a mild facial soap or cleanser with warm water," says Dr. Cat Begovic, a LA-based cosmetic surgeon (and co-owner of Iron Man

MAINTENANCE



Eat antioxidant-heavy foods to keep your skin healthy.



Avoid acne by always keeping your skin clean and washing your hands before touching your face.

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US). "This will help remove impurities, excess oil and dead skin cells. Avoid harsh scrubbing, which can create more inflammation or introduce additional bacteria. Make sure to always moisturise with a moisturiser whose label states 'noncomedogenic'. That means the product does not block pores."

Investing in an exfoliator will help clear the dead skin cells away, leaving your skin fresh and ready to wash thoroughly. And as often as you can, shower immediately after working out.

"The best way to stop acne is using SkinB5, which is scientifically designed to stop acne naturally, using a unique combination and dosage of the most powerful clear skin nutrients (patented) to stop acne before it starts," says Cheung-Wood. "Many bodybuilders around the world have successfully used SkinB5 to effectively stop their facial and body acne."

For more serious acne, seeing a dermatologist might be your best option,

but eating fruits and vegetables and drinking lots of water help to keep the skin healthy and decrease inflammation.

Sun damage

For the most part, Australians are more educated about sun damage than perhaps other people — every Aussie has shaken their head at the tourists without sunscreen on the beach, getting burnt to a crisp during summer — but it's also something we need to be diligent about. According to the Cancer Council of Australia, more than 11, 500 Aussies are diagnosed with a melanoma each year and skin cancer accounts for more than 80 per cent of all new cases of cancer diagnosed every year.

Sunlight and UV exposure can do a lot of other damage to the skin too. Aside from the obvious — skin cancer and sunburn — UV damage ages the skin prematurely by damaging the skin's collagen, which can make it appear



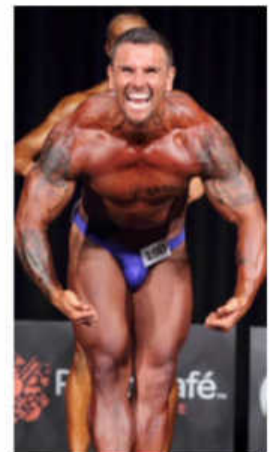
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dull, wrinkled and spotty. In fact, most of the cosmetic signs we associate with aging can be attributed to skin damage, such as lines and wrinkles, uneven skin tone, blotchy skin and red patches.

The best prevention for sun-damaged skin is also the most obvious: minimise your UV exposure. Slip, slop, slap is still good advice, guys. When you're out in the sun, wear SPF 30+ and reapply when you've sweated the first coat off. Luckily, there are now companies who make sunscreen designed for those of us with active lifestyles, such as the Neutrogena CoolDry Sport, which is designed to cool on the skin instantly, making it easier for sweat to evaporate.

Obviously with sun damage, prevention is better than cure, but you can't always avoid the sun — especially when it's tops-off weather. So if you do need to treat sunburn, there are a few tips to keep in mind. If your skin can take aloe vera, rub that onto the sunburn for an instant cooling-down and anti-inflammatory treatment. However, aloe vera allergies are common, so test a patch of skin beforehand. Other kinds of moisturisers will work too, as well as 1% hydrocortisone cream and cold compresses of water.

Also, believe it or not, taking an anti-inflammatory medication like aspirin (Disprin) or ibuprofen (Nurofen) works too.

Dehydrated skin

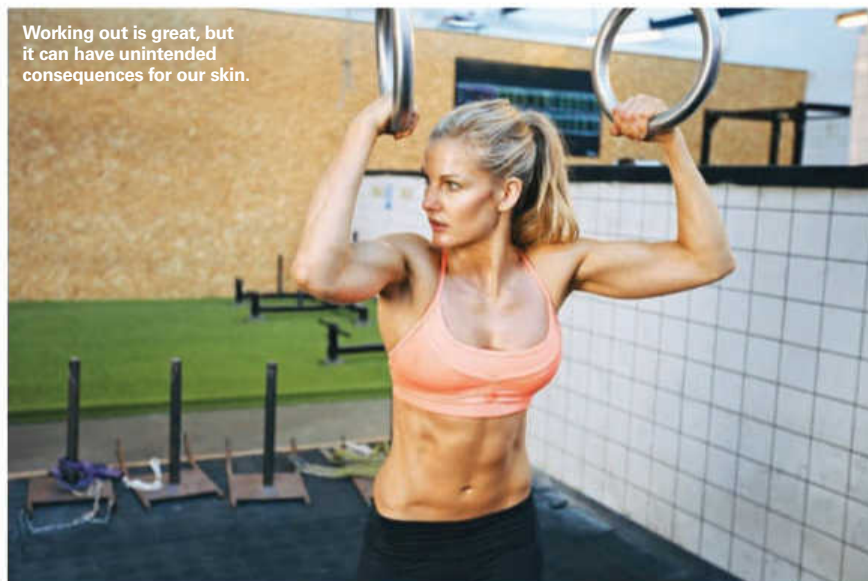
Workouts can dehydrate you, so it's always a good idea to wash your face after training and follow that up with a quick moisturising session. "Moisturisers that contain vitamin C and retinols (derived from vitamin A) have been shown to have anti-aging properties," Dr. Cat says. "Men often forget or are resistant to using moisturiser, but it is critical to keeping the skin young and healthy looking, male or female."

Lqd Skin Care has a moisturiser called Hydrate, which was actually designed for men who work out. Research has found that moisturising increases skin hydration and improves the overall appearance of skin¹, especially those containing vitamin C and alpha-hydroxy acids, so there's nothing to be afraid of, gents.

Alongside that, make sure you're drinking a lot of water to keep your skin hydrated.

Also, though this more applies to competitors and women especially,

Working out is great, but it can have unintended consequences for our skin.



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The skin protects itself with naturally occurring antioxidants, such as vitamins A, C and E; squalene; and coenzyme Q-10. Make sure your diet is complete with antioxidant-heavy foods, such as fruits and green leafy vegetables.

it should be noted that fake tanning products can severely dry out the skin.

Nutrition

If there's one thing we feel like we're in control of as fitness enthusiasts, it's our nutrition. However, when it comes to the often extreme pre-contest diets, they can play havoc with our systems and that includes our skin.

"Dieting can also cause vitamin deficiency of essential antioxidants that normally protect the skin from aging," says Dr. Cat. "Extreme fluctuations in weight also decrease skin elasticity, leading to wrinkles and an aged look."


Certain vitamins are critical to skin health, which can be obtained either from food or from skin care products. Vitamin B deficiency causes hyper-pigmentation and discolouration of the skin. Vitamins B5, B3 and B9 in particular are important for skin health.

Similarly, lack of vitamin A can cause dry skin, dry hair and even delayed wound healing. Vitamin A can be found in fruits such as cantaloupe, apricots and mangos, and in vegetables such as carrots, pumpkins and kale. Vitamin C deficiency causes scurvy — yeah, that thing pirates get — which can result in blisters and bleeding gums.

"It is well known that what you put into your body reflects on the outside," says Dr. Cat. "The skin protects itself with naturally occurring antioxidants, such as vitamins A, C and E; squalene; and coenzyme Q-10. Make sure your diet is complete with antioxidant-heavy foods, such as fruits and green leafy vegetables."

One last, weird concern

It might sound like a joke but when we work out hard, some of the faces we pull stretch and contort our skin, which can actually have lasting effects. "Frowning, grimacing and making extreme facial expressions while training also create deep furrows in the skin, especially in men," says Dr. Cat.

Think about it, we're trying to keep our muscles tight and focusing on getting out of the hole during squats, or moving that barbell overhead, the last thing we're worried about is the lines on our face. All the more reason to pay heed to the tips in this article and keep your skin happy and healthy. 

Reference

¹ Huang CK, Miller TA. (2007.) 'The truth about over-the-counter topical anti-aging products: a comprehensive review.' *Aesthet Surg J.* 2007 Jul-Aug;27(4):402-12; quiz 413-5. doi: 10.1016/j.asj.2007.05.005.



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— **Ash Prendergast, Professional Bodybuilder
& Contestant in International Natural Bodybuilding Australia 2015**

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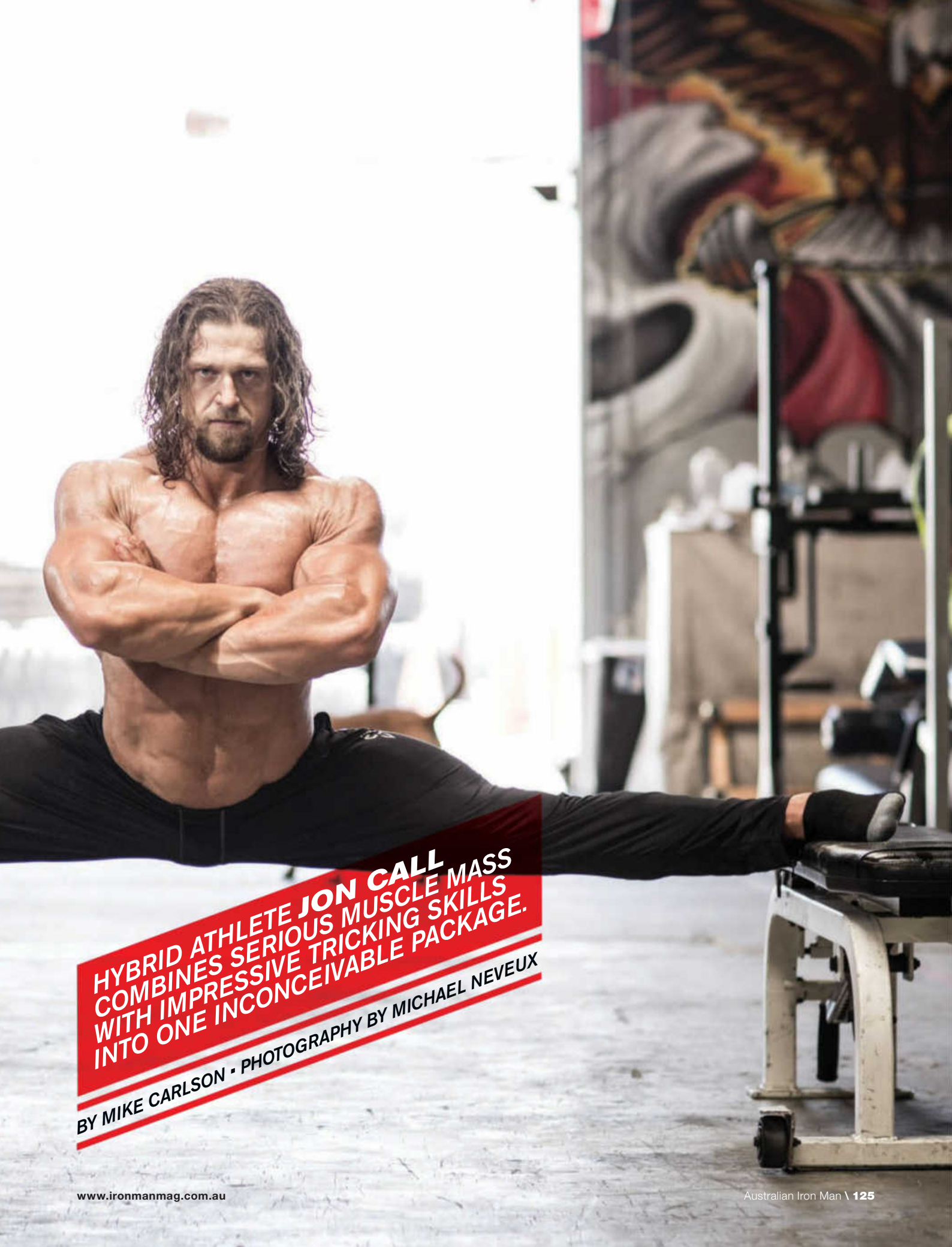


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THE AESTHETICS OF MOVEMENT





HYBRID ATHLETE JON CALL
COMBINES SERIOUS MUSCLE MASS
WITH IMPRESSIVE TRICKING SKILLS
INTO ONE INCONCEIVABLE PACKAGE.
BY MIKE CARLSON • PHOTOGRAPHY BY MICHAEL NEVEUX

THE AESTHETICS OF MOVEMENT

BODYBUILDING HAS TRADITIONALLY been viewed as a zero-sum game. In other words, whatever you do outside of the gym is probably taking away from the muscle-building efforts you put forth inside the gym. But a new breed of iconoclasts in physique culture is emerging to show that it's possible to be very good — elite, even — in more than one physical discipline. The single greatest outlier among these brave voices is Jon Call.

Known in social media circles as 'Jujimufu' (a screen name he invented for AOL back when people used AOL), the 29-year-old Call has created a niche by blending extreme freestyle martial arts moves, known colloquially as 'tricking', with traditional bodybuilding. The result, in his own words, is "a giant dude who does flips and feats of flexibility."

Watching Call in action is witnessing a physical paradox, like a short guy dunking a basketball or a fat dude tearing it up on the dance floor. Your eyes take it in, but your brain screams, "Impossible!" To Call, though, it makes perfect sense. Structure and motion aren't opposing forces. Rather, they are the two halves that form his ultimate goal: to look fucking cool.

"You have to look at it like this: Bodybuilding is the aesthetics of muscle and symmetry of body. Then there is movement, which is the aesthetics of what you can do with the body. In a nutshell, I'm trying to bring those two worlds together," he says. "If you look good but you can't do anything cool looking, then there is something missing. And if you are a movement



JON CALL, AKA 'JUJIMUFU'

AGE: 29

LIVES: Huntsville, AL

PROFESSION: Technical manager for a biotech group

LIKES: Fanny packs, deadlift jacks, drinking water out of gallon jugs

DISLIKES: Light rain, restrictive clothing, norovirus

FAVOURITE CLEAN

MEAL: Beef liver, white rice, mixed vegetables

FAVOURITE CHEAT

MEAL: Mother-in-law's macaroni and cheese

LISTENS TO: Wide variety of metal

LAST BOOK READ: *The 10X Rule* by Grant Cardone

SPONSORS: Kimera Koffee, Fran Denim

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practitioner, you have to realise that the body is part of the presentation. I like to blend both of these together and create an entirely different thing.”

Call began his quest when he was 13 and started training in taekwondo. He quickly became infatuated with high-flying aerial kicks even though his instructors tried to discourage his forays into tricking. A year later he joined his first gym. Initially, Call wasn’t interested in putting on a ton of muscle mass; he just wanted to get stronger to help his martial arts training. He followed tried-and-true tenets of powerlifting, and focused on getting his numbers up in the bench,

“IF YOU LOOK AT A BIG GUY LIKE ME DOING ALL THE MOVES I DO, YOU’D THINK MY BACK WOULD BE MESSED UP. BUT ALL MY BACK MUSCLE PROTECTS ME.”

squat and deadlift. To date, his best raw deadlift is 635 lbs (288 kg), his best front squat (which he prefers to the back squat) is 430 lbs (195 kg), and he has benched almost 400 (181.4 kg). When he decided to focus more on bodybuilding, he found that his years of strength training and martial arts was an incredible foundation for putting on size.

There is no template for combining bodybuilding and tricking, what Call has dubbed Acrobolix (a portmanteau of ‘anabolics’ and ‘acrobatics’). Program design and periodisation has come exclusively from his own trial and error. Balancing training demands and recovery is only part of the equation. He also has to constantly reassess what kind of tricks his growing physique can and cannot accomplish.

For most of the year he splits up his week evenly: half of his days in the weight room and half outside working on his tricking skills. If he does happen to train both in one day, he will always begin with tricking, since the neuromuscular demand is so much higher than lifting weights. While his two pursuits don’t overlap very much, he has found that



THE JUJIMUFU DIET

Bodybuilding Tricking extraordinaire Jon Call isn’t an ideologue. Careful personal experimentation is his main influence when it comes to training and nutrition. In many ways, his diet is Bodybuilding 101: chicken breast, sweet potatoes, rice and green vegetables. He avoids wheat and oatmeal, but not through an adherence to some predetermined groupthink; they just tend to make him bloated, and

their nutrients are easy to get from more gut-friendly sources. He is devoted to the benefits of superfoods and often juices a medley of natural produce into his own green drink.

“I eat a lot of stuff like garlic, ginger and lemon,” he says. “I see a lot of bodybuilders miss out on that. They almost take pride in not eating fruits and vegetables. They’re afraid that eating a lemon or grapefruit might be too many carbs.”

You can’t expect a guy nicknamed ‘Jujimufu’ to eat a completely predictable menu, though. A typical home-cooked dinner in his house will often include chicken hearts or cow liver. “Organ meats are really healthy, nutrient dense, and cost effective. There seems to be a stigma behind them, but I think they taste great,” he says. “When a lion kills something, the first thing it eats is the liver and heart because they’re the most nutritious.”

THE AESTHETICS OF MOVEMENT



SNATCH-GRIP DEADLIFT

Begin with a wide snatch-style grip with the barbell placed on the platform or floor. The feet should be directly under the hips, with the feet slightly turned out. Squat down to the bar, keeping the back in absolute extension with the head facing forward. Initiate the movement by driving through the heels, raising the hips. The back angle should remain the same until the bar passes the knees. Come to a full standing position with hips extended and the knees straightened.

JUJIMUFU SAYS: "Throwing in a few sets of this before you approach heavier weights with conventional or sumo-stance deadlift can do a lot for your mobility. I use this exercise to develop mobility in all the areas I need for deadlifts (and squat variations). And that mobility can mean more weight on the standard variations, and more weight almost always means more muscle!"

BENT-OVER BARBELL ROW

With a loaded barbell on the floor, hinge at the hips and bend forward so the bar is directly under your navel with your torso close to parallel to the floor. Grasp the bar outside shoulder width and then pull it to your navel. Hold for a second, then return to the start position with the bar hanging a few inches off the floor.

JUJIMUFU SAYS: "This is always a good exercise, and it's great to switch grips on it for variety. For any variation, I stay out of the middle zone on this one. My strategy is to go very light or very heavy. So I'm either dialling in the mind-muscle connection with a lighter weight and controlling the pace while feeling every rep tighten up those muscles, or I'm cheating like hell with a heavier weight to stimulate a larger metabolic response by incorporating all those other muscle groups that aren't targeted and building some confidence in wrestling with something heavier."





MEADOWS ROW

Load a T-bar, landmine device or even a plate-loaded seated calf raise machine and stand perpendicular to the shaft, in a staggered stance with the left foot forward. Bend over at the waist and grab the end of the bar with your right hand using an overhand grip. Shoot your hips backward. Now raise the hip closest to the bar so it's slightly higher than the other side. Rest your left elbow on your left knee for support, if needed. Pull the weight so that your hand comes up to your ribs.

JUJIMUFU SAYS: "This exercise is one of my favourites for a back pump. With the T-bar setup, the final destination of the pull is better controlled, so I can move my stance forward or backward and the path the weight being pulled is locked in. With a bent-over dumbbell row, it's hard to lock the path of the pull — you can be pulling the dumbbell higher and lower to your abdomen throughout your whole set unwittingly, which is your body's way of compensating for fatigue. The Meadows row fixes that problem."

WEIGHTED PULL-UP

Attach weight plates to a belt or hold the post of a dumbbell between your feet or quads. With your hands in an overhand grip wider than shoulder-width apart, let your body hang from an overhead bar. Without swinging or using momentum, contract your lats and biceps to pull your chin over the bar. Hold for a second, then return to a dead-hang position and repeat.


JUJIMUFU SAYS: "In my experience pull-ups don't help me very much with back development, but they do build core strength that has excellent carryover to the backflip movements I do. Just look at a picture of me jumping at the beginning of a backflip and look at a picture of me pulling at the beginning of the weighted pull-up and you tell me they don't look almost exactly the same."



his ample strength and muscle mass has given him at least one advantage.

"A strong back has helped me a ton. I have had very few back injuries and I credit it to all the muscle I have protecting my spine," he says. "If you look at a big guy like me doing all the moves I do, you'd think my back would be messed up. But all my back muscle protects me."

Call has developed his own training macrocycle. During the summer he'll focus more on bodybuilding, and one month a year he'll stay out of the weight room and devote himself almost exclusively to acrobatics. As any bodybuilder can relate, the doubts creep in once Call begins to see the small deflations in his chest and arms during that time spent away from the weights. And that knife cuts both ways, as Call struggles to maintain his flexibility and mobility when spending five days a week in the gym.

"That kind of mind-fuckery is the hard part," he admits. "But from my experience of going back and forth, I know it works out. The main thing is I do not let it screw with my head. I know I am going to get back on the other side eventually. The key is to stay in the moment with what I'm doing and try to enjoy it." 

Squat On

By Cornell Hunt, CSCS

Variations to the mother of all exercises are the key to bigger, stronger legs.

There is no exercise that trains the body to the same degree as putting a heavy barbell on your back and taking it for a ride. If aesthetics are your goal, squats provide the necessary pump and muscle mass needed to show off your 'wheels'. If you're an athlete, then squats are your ticket to greater strength, power, endurance, and durability. Every major pro, collegiate and performance training facility incorporates some type of squat in their training programs. Research also shows that because your testosterone levels shoot up when you squat, total-body strength gains are common during a dedicated squatting phase.

Parallel squats (thighs parallel to floor) are a must if you want to get the full benefits from this exercise. However, due to individual differences in limb length, flexibility and mobility issues, squatting to parallel can be a painful burden for some. With bone length being unfixable, the good news is that tissue length and joint restriction can be altered with the right types of exercises. The actual protocol needed to increase range of motion in your 'squatting joints' is out of the scope of the article, but we'll focus on the different variations accompanied with squatting and the specific benefits associated with each.

Low-bar back squats

Low-bar back squats are commonly used by those who put huge loads on the bar. When you look at competitive powerlifters, the majority of them use the low-bar position. This squat is achieved by placing the bar beneath the traps and on top of the rear deltoids.

No matter the style of squat you choose to use, mechanical efficiency needs to be a priority. Always aim to have the bar directly over the middle of your foot. If the bar deviates from this position, you set yourself up for a mechanical disadvantage that gets dangerous with a heavy load.

Low-bar back squats cause the angle of the torso to shift forward in order to keep that foot and bar in the vertical relationship mentioned above. This also

affects the lower body in which the angle of the knees decrease, thereby resulting in the athlete having to 'sit back' farther, a motion that engages the hamstrings and glutes more than the other styles of squats. Low-bar squats are said to use more muscle recruitment and place a premium on the posterior

chain, and tend to be the favored squat for strength athletes.

High-bar back squats

High-bar back squats are typically the squat of choice for bodybuilders and physique athletes. I tend to program high-bar back squats for my clients who



If you're an athlete, then squats are your ticket to greater strength, power, endurance and durability.

Courtesy of MHP

train for aesthetic reasons (size and shape), since this style of squat places a huge emphasis on the quads, resulting in a great pump. High-bar squats are also a terrific accessory movement for powerlifters. The increased angle of the knee and ankle at the bottom, as well as the more upright torso necessary to achieve that vertical relationship between the bar and foot, results in a huge emphasis being placed on the anterior (front) part of the thigh.

High-bar back squats are the chosen style for Olympic weightlifters since it closely mimics the receiving position during the 'catch' phase of the clean and jerk event. High-bar back squats place an emphasis on ankle mobility (or your lack thereof). So if you have a hard time squatting in this manner due to your ankles being jammed up, make sure you work on increasing your tissue quality and flexibility around your ankles to get the full benefit of the exercise.

Front squats

Front squats are hardly ever seen in gyms anymore because you can't lift as much weight and they can be somewhat uncomfortable. Many people don't have the flexibility to hold the bar in the 'rack' position with elbows directly forward of the hands. When they try the cross-arm position, the weight falls off their shoulders so they often abandon the exercise altogether.

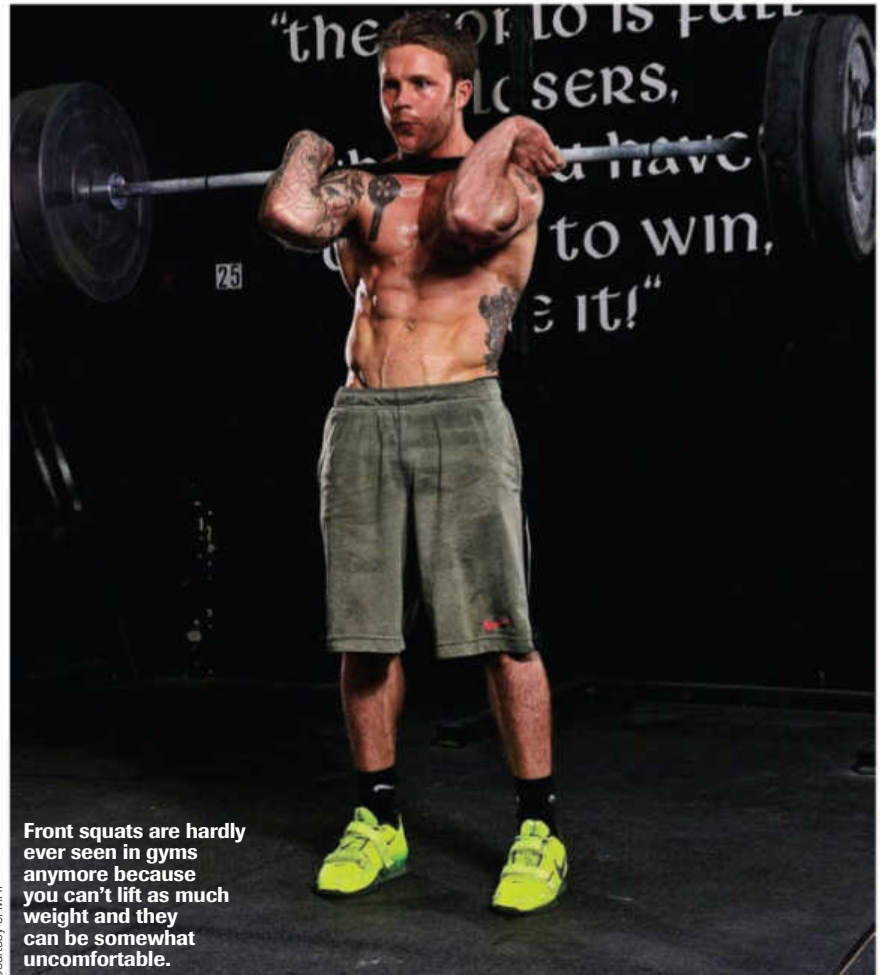
Front squats hurt, but if you can get past the initial pain associated with them, they will serve your training well. This front-load position is closely related to the high-bar back squat because it places a larger stress on the quads, while keeping the torso upright, which is safer for the spine.

Front squats are another preferred squat for Olympic weightlifters because they represent the position they're in when trying to get out of the bottom during a clean and jerk.

If you have the necessary mobility and patience to learn front squats, begin cycling them into your program to optimise quad growth and improve athleticism.

Programming tips

Whether you're training for aesthetics, performance, strength or general health purposes, squats should be a regular part of your weekly workouts. When done carefully with precise form, squats actually improve knee stability because



Front squats are hardly ever seen in gyms anymore because you can't lift as much weight and they can be somewhat uncomfortable.


Courtesy of MHP

they strengthen the quads, which insert within the joint.

Since low-bar back squats tend to place more stress on the posterior chain, powerlifters and strength athletes should favour these. It also places a huge challenge on core stability. If you're training to look great in shorts, then make high-bar back squats your primary style of squat. They're safer for your spine than low-bar squats and engage the quads more. Also high-bar back squats are a great accessory movement to low-bar back squats to build muscle size and strength in the quads.

Another variation I love to use is to elevate the heels on a board or five-pound plate. This will assist in ankle mobility and allow you to squat lower, thereby engaging that vastus medialis muscle that gives the great "teardrop" look in your thighs. If you want a good finisher to your workout, perform some high-rep squats (15 to 20 reps) with heels elevated and then call it a day.

Front squats, in my opinion, are the safest squat to perform if you have the adequate mobility and patience to learn the movement. I would go as far to say you should front squat before you perform any style of back squats. If you're new to squatting and working on your range of motion, program front squats in for at least four weeks before progressing on to back squats.

One of my favourite programming methods is performing heavy back squats for a few reps in one day and lighter front squats for more reps on another day in a week. This allows you to train your legs multiple times a week as well as train intensity and volume on the same day. 

Cornell Hunt is a Certified Strength and Conditioning Specialist who trains pro and amateur athletes and fitness enthusiasts in New Jersey. He is the Xtreme Training Coach for sports performance nutrition powerhouse MHP. For more info, check out **MHPStrong.com** and **HuntForStrength.com**.

Sweating The Small Stuff

By Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

As you get older, lifting weights demands greater attention to detail.

We've covered a lot of ground with articles regarding training, nutrition, mindse, and lifestyle factors affecting the aging athlete. Not to be forgotten, however, are modalities utilised to avoid injury. In the context of strength training, one's goals must be injury prevention first, get strong second. Long gone are the days of slapping another 'quarter' onto each side of the Olympic bar in the hopes of achieving a PR near that of elite lifters. Chasing numbers as a way to boost your ego is a fast track to getting hurt. Truth be told, one's recovery capacity or resilience decreases as a function of age, even in those individuals with optimal sleep hygiene and nutrition. At base level, you cannot afford an injury; it will set you back months. (There's a good chance you're nodding your head in consensus at this point.)

Unfortunately, most of us have been injured in the pursuit of strength and a Herculean physique. Paradoxical, right? Exercise is touted as being protective of the body. But just like water can be considered a poison when overconsumed in a short period of time, the same applies to exercise. A high percentage of exercise-related injuries are due to overtraining or high doses of exercise within a small time window, prohibiting ample recovery from the exercise-induced bodily trauma. Yes, you can overdose on exercise, just as you can on medication. Exercise is just physical medicine. Like theories therefore apply.

And the solution is simple. Back off the painkillers! Reduce your training frequency, not intensity, but frequency. For example, if you're training heavy four times per week and find yourself injury prone or failing to make your benchmarks (pun intended), consider a three-time-per-week schedule. And be sure to utilise your newly found day off wisely: for recovery.

What does proper recovery entail? Sleeping, of course, is primary. Those hours spent in the gym may now be spent in REM sleep (critical for



neurologic recovery from those dreaded heavy deadlifts). A well-positioned two-hour nap can be rejuvenating and augment your training. Improved nutrition and supplementation are

also a must. Have you ever considered having your hormonal profile checked? What about your serum inflammatory markers? Vitamin D3? Ladies, this one is particularly important in the context

of cancer prevention. (And don't assume your level is optimal because you're hitting the tanning bed three times per week.) A deficiency of vitamin D can take its toll on performance, let alone predispose you to illness.

There are many other adjuncts that can be implemented both in and outside of the gym setting to that can help injury-proof your training:

Proper warm-up: As one ages, there is an increased need for a more regimented warm-up to stimulate synovial fluid production in the joints and augment blood flow to the muscles. For the younger generation reading this piece in staunch disagreement, just wait. We too thought similarly at one time, but just take a look at professional athletes. Their pre-game warm-up typically spans 30 to 45 minutes, not seconds. And yes, there is plenty of science behind this practice.

The same goes for a cooldown period. A brisk walk around your training facility or a short (five- to 10-minute) stint on the treadmill in conjunction with deep breathing will help rid the muscles of accumulated metabolic byproducts.

Proper technique: Since the recent advent of 'race style' exercise protocols, injury rates have increased by nearly 50 per cent, according to *The American Journal of Sports Medicine*. Why? Inattention to proper technique. Unfortunately, technique has been surpassed by the stopwatch in relative importance to the pleasure of orthopedic surgeons. This is shocking when you consider that the purpose of exercise is to enhance, not endanger, health. Spend the necessary hours and perfect your technique, particularly as it applies to free weight, compound, anabolic movements such as the squat, bench press, deadlift, overhead press and pull-up. (If you want to get into Olympic lifting, get a good coach and take it slowly.) These should be the staples of any strength-training program. Properly performed, these exercise will grant you lifelong strength, elevate your physique to previously unforeseen heights, and prevent the number one cause of workplace disability: low-back pain.

Ancillary movements: Do you have shoulder pain (in contrast to



Neveux/Model: Mike Rashid


soreness) after a heavy bench day? What about sacroiliac joint pain after deadlifting? Oftentimes, in the absence of a technical breach or an acute injury, individuals will develop pain from muscular imbalance or outright neglect. The anterior deltoid is heavily taxed during a bench-press movement. Do you train the posterior deltoid? What about the rotator-cuff muscles (supraspinatus, infraspinatus, teres minor and subscapularis) that stabilise the humerus during both the concentric and eccentric phases? And what about your abductors and adductors? Yes, that machine that you think is just for girls is quite important. Quadratus lumborum? A critical lumbar spine stabiliser not to be neglected.

Train these small yet all important muscle groups during that new day off or before one of your weekly endurance sessions. Select a few exercises (*Strength Training Anatomy Workout II* by Frederic Delavier is a great resource in this regard, available from the *IM* bookstore), and perform the movements for high reps at low intensity.

Attention to tissue: From massage to directed physical therapy to foam rolling to electro muscle stimulation, there is no shortage of easy soft-tissue techniques (just check out the cult

Spend the necessary hours and perfect your technique, particularly as it applies to free weight, compound, anabolic movements such as the squat, bench press, deadlift, overhead press and pull-up.

followers of MobilityWOD). Truth be told, they all accomplish the same thing: reduce tissue toxin burden, promote mobility, decrease stress levels and, by virtue, accelerate recovery. How you get there is up to you, but you need to start exploring these options. Pilates, anyone?

As many as these adjuncts seem logical, they are all too often neglected with great consequence and debility. For a variety of reasons, the incidence of exercise-related injury increases with age. Yet this can be tempered by supplanting the brute physicality of your youth with insight, knowledge, and an acute awareness of your limitations as gleaned from previous mishaps. As surgeons always say, "Good judgment comes from experience; experience comes from bad judgment." 

Muscle Movie News

By Clint Morris

DIE HARD:
WITH A TWEEN

Despite the underwhelming fifth film in the franchise, it would seem Fox is not quite done with *Die Hard* just yet. The studio is looking to get Len Wiseman (*Live Free or Die Hard*, released in Australia as *Die Hard 4.0*) back on board to helm and develop a sixth *Die Hard* film with producer Lorenzo di Bonaventura.

While the plans are pretty premature at this stage, the project is apparently being referred to as *Die Hard: Year One* and will be somewhat of a sequel and prequel in the one film. The team behind the project want to leave room for star Bruce Willis to return to reprise his role as John McClane; however, they're also looking to develop a storyline that will be set, in part, in 1979, showing how gritty New York City cop John McClane became a die hard kind of guy. Who do you see as a young McClane?

20 Facts about the Die Hard series

1 Clint Eastwood originally owned the rights to the novel *Nothing Lasts Forever* on which the film is based, and planned to star in the film around the early 1980s.

2 Before signing Bruce Willis (then best known as the male lead on TV's *Moonlighting*), the producers approached Robert De Niro, Nick Nolte, Richard Gere, Warren Beatty, Mel Gibson, Harrison Ford, Arnold Schwarzenegger and Sylvester Stallone. It's also rumoured that TV stars Don Johnson and Richard Dean Anderson were briefly considered.

3 At one stage, Fox was considering restructuring *Die Hard* to be a sequel to *Commando*, with Arnold Schwarzenegger reprising his role of John Matrix.

4 Bruce Willis snagged \$5 million — a huge figure at the time — to play McClane in the original 1988 film.

5 The scene in the original film where McClane falls down a shaft was a mistake by the stuntman, who was supposed to grab the first vent. He slipped and continued to fall, but the shot was used anyway.

6 The original poster for *Die Hard* didn't feature Willis's likeness because they were convinced the movie would deter non-Willis fans.

7 *Die Hard 2* was supposed to be filmed at Moses Lake, Washington but, like Minnesota, there was no snow. Even then, a lot of snow had to be brought in to help blanket the production in white stuff.

8 *Die Hard With a Vengeance* was originally written as a *Lethal Weapon* sequel.

9 The screenwriter of *Die Hard With a Vengeance*, Jonathan Hensleigh, was actually detained by the FBI after completing the script for the film because he knew extensive information about the Federal Gold Reserve in downtown Manhattan.

10 Sean Connery was director John McTiernan's choice to play Simon Gruber in *Die Hard With a Vengeance*, a role that eventually went to Jeremy Irons.

11 Laurence Fishburne was the first choice to play Zeus Carver in *Die Hard With a Vengeance*. Samuel L. Jackson was ultimately cast.

12 John McClane doesn't kill anyone until an hour into *Die Hard With a Vengeance*. In the other films, he shot villains fairly early on.

13 In the elevator shaft fight scene in *Live Free or Die Hard*, the stunt double accidentally cut Willis' eyebrow with her spiked heel.

14 Bruce Willis wanted Ben Affleck to play his sidekick in *Live Free or Die Hard*. Justin Long was eventually cast.

15 Each film in the series contains a scene set in an elevator.

16 In Russia, the *Die Hard* films are known as the *Hard Nut to Crack* series.

17 At 97 minutes, 2013's *A Good Day to Die Hard* is the shortest film in the *Die Hard* series.

18 Justin Timberlake was considered for the role of Jack McClane in *A Good Day to Die Hard*. The role went to Aussie Jai Courtney.

19 *A Good Day to Die Hard* is the only film in the series where McClane doesn't kill the main bad guy.

20 Bruce Willis briefly reprised McClane for a cameo role in the comedy *National Lampoon's Loaded Weapon 1*.



FORD TO CRACK THE WHIP AGAIN?



Has Steven Spielberg just revealed he's reteaming with Harrison Ford for Indiana Jones 5?

In a recent interview for his new film *Bridge of Spies*, which stars Tom Hanks, Spielberg discussed the number of films he's worked on with Hanks in comparison to the number of films he's worked on with Ford: the two actors have thus far both worked with Spielberg on four movies. But in the process the director dropped a little gem that might suggest Ford is gearing up to pull on the fedora once again...

"We've gotta figure this out because now, Tom is tied with Harrison Ford: Harrison and I did four movies, Tom and I have done

four movies," Spielberg explained. "Now I'll probably do an *Indy 5* with Harrison, [so] it'll be five for Harrison, four for Tom."

Fortunately for Hanks, Spielberg has plans to reconcile this imbalance.

After the next *Indiana Jones*, he said, "I've got to make another one with Tom, that'll be five for Tom, five for Harrison. And I think I'm going to leapfrog that way for the rest of my career. With Daniel Day-Lewis in everything else!"

[Geez, that'll be the last time Spielberg tries to make a joke in an interview, right? — Ed]

COMPTON DIRECTOR FOR FURIOUS 8

After rumours suggesting Vin Diesel himself might take over the *Fast & Furious* franchise, Universal Pictures has confirmed that *Straight Outta Compton* director F. Gary Gray will direct *Furious 8*. The latest film in the long-running action series, which will see Diesel reunite with Dwayne Johnson, Eva Mendes, Kurt Russell and more, is expected to be set in New York. Meanwhile, Diesel is also lining up to shoot the new *xXx* sequel — *Xander Returns* — sometime over the next year too. D.J. Caruso (*Disturbia*) will direct that.



RATED

X

Marvel is set to bring two new X-Men series to TV.

A *Hellfire* series will be set up at Fox while a *Legion* cable show has been given a pilot order at FX. Both projects have *X-Men* feature helmer Bryan Singer attached as executive producer.

First to *Hellfire*, which is set in the late 1960s and "follows a young Special Agent who learns that a power-hungry woman with extraordinary abilities is working with a clandestine society of millionaires — known as 'The Hellfire Club' — to take over the world."

Meanwhile, creator of TV's *Fargo* Noah Hawley is attached to write the *Legion* pilot about "the story of David Haller. Since he was a teenager, David has struggled with mental illness. Diagnosed as schizophrenic, David has been in and out of psychiatric hospitals for years. But after a strange encounter with a fellow patient, he's confronted with the possibility that the voices he hears and the visions he sees might be real."



Aussie actor Chris Vance (TV's *The Transporter*) will play DC Comics villain Non in a recurring role on the new *Supergirl* series.

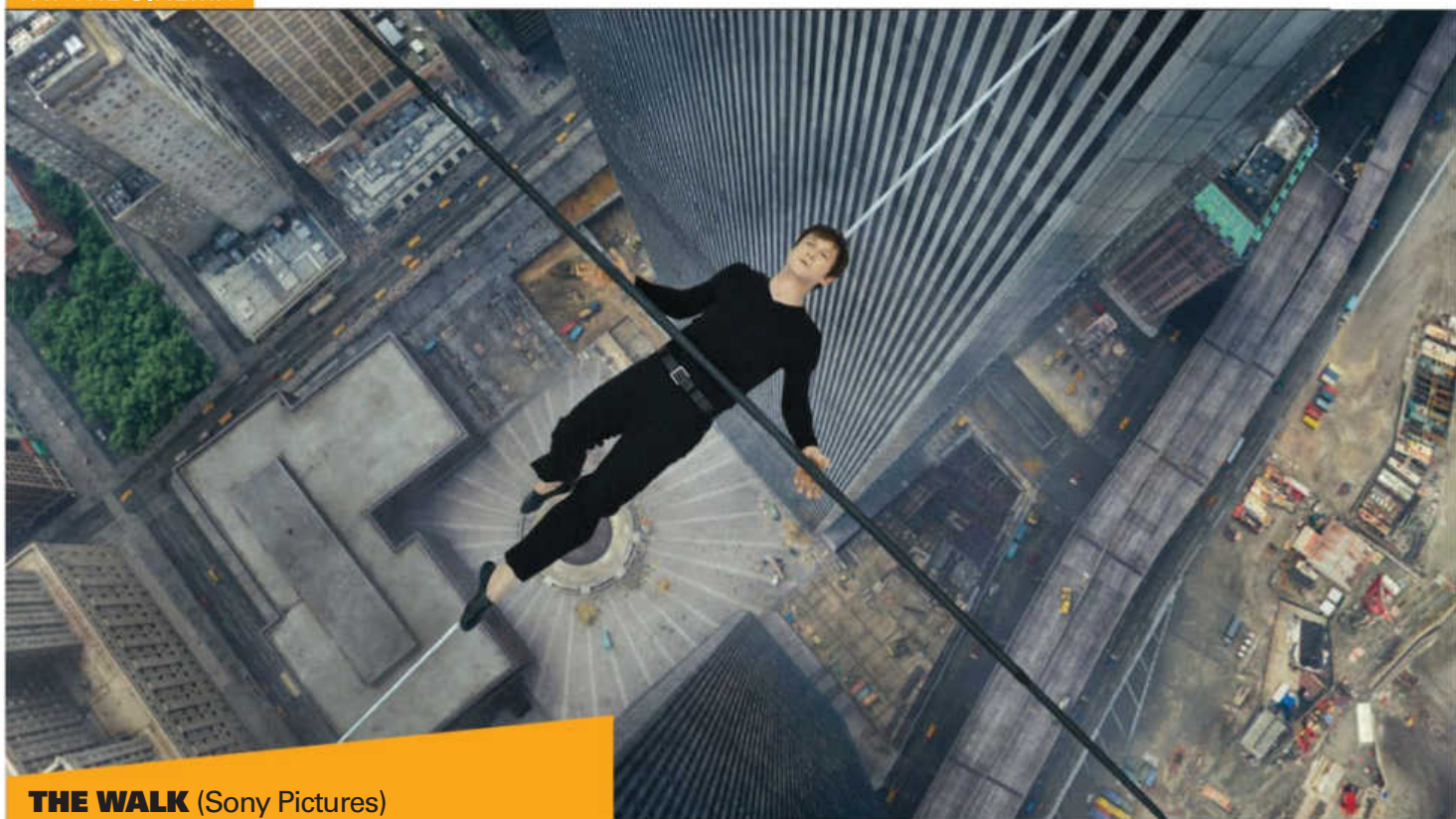
This Non is described as "a former scientist in a league with the House of El. Non is a brutal Kryptonian military officer who is sinister, powerful and angry. He's the antithesis of all things Supergirl (Melissa Benoist) stands for. Non will quickly become Supergirl's greatest threat."

The character of Non was played by Jack O'Halloran in the original *Superman* movies.

NON DISCLOSURE



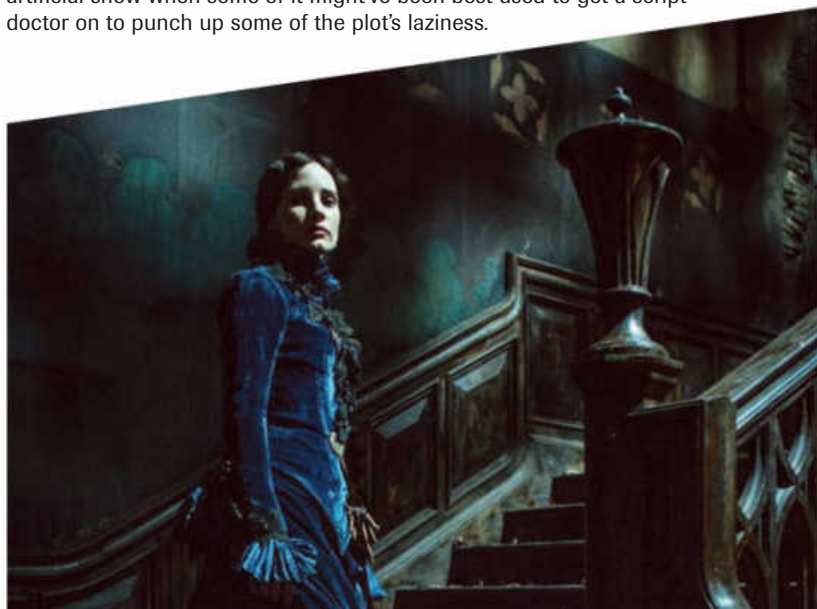
AT THE CINEMA

**THE WALK** (Sony Pictures)

Releasing Robert Zemeckis' latest at the same time movie buffs toast to his most well-loved film series was a miscalculated mistake. While film fans celebrate 'Back to the Future' day — a day named in honour of Marty McFly's date of time-travel — the veteran filmmaker attempts to convince audiences he's still got what it takes when it comes to serving up visually stunning movies with fascinating, distinctive plotting. Though, as expected, visually spectacular (as are most of the filmmaker's movies; see: *Romancing the Stone*, *Forrest Gump*, *Who Framed Roger Rabbit*) *The Walk* noticeably limps for most of its two-hour running time. It isn't until the film's last 30 minutes or so that the based-on-a-true-story story of Philippe Petit (the subject of the acclaimed doco *Man on Wire*) really hits its stride, serving up a breathtaking stunt that will have IMAX audiences both cheering and vomiting simultaneously. Those moments are Zemeckis — and cinema — at his best; just as audiences were with Marty as he zipped across the space-time continuum, they'll also be with Petit (Joseph Gordon-Levitt) as he tightrope walks between the late twin towers. Like a date where one has to suffer through a dull one-way conversation before finally getting to the muted fun, Zemeckis fails to put as much effort into the film's non-walk moments, consequently serving up a laughable, fourth-wall-breaking narrative device and hammy how-he-got-here backstory that plays more like an *SNL* skit than the relatable, enchanting prologue it should've. And yet, it's followed up with some of the best cinema of the year: thrilling, breathtaking, sweat-inducing adventure. It's hard to recommend people sit through an hour of nonsense just to see what a film's third act has in store but I will suggest that here because that 'walk' really does look absolutely amazing.

CRIMSON PEAK (Universal)

Like a shiny white egg with the yolk removed, Guillermo Del Toro's gothic horror pic looks quite divine but doesn't have the guts to ultimately satisfy and, likely, bring home the bacon. Utilising a well-worn storyline we've seen in countless other genre films ("Might someone have been murdered in this house? Because I think it's haunted!") but dressed in beautiful set candy, the predictable but painterly affair never gets dull, not with such a killer production design, but it definitely won't find itself a Rotten Tomato darling. Having bowled us over with engrossing horror yarns like *Pan's Labyrinth*, one would expect something a little more unique from Del Toro; in this case, seems he blew the budget on pretty drapes and artificial snow when some of it might've been best used to get a script doctor on to punch up some of the plot's laziness.



AT HOME

ANT MAN (Disney)

What could've been a huge misfire (and let's admit it, after original director Edgar Wright left the project most of us expected it to be) is instead a tiny triumph!

While most of Marvel's most recent crop of superhero flicks — including the recent *Avengers* sequel, which lacked the laughs of its predecessor — have worn such serious, stern faces, Peyton Reed's (he who replaced the abovementioned Mr. Wright proves himself quite capable! Surprise!) *Ant-Man* puts giggles first, seriousness second...and what a refreshing change it is.

Comedy staple Paul Rudd (*This is 40*) is perfectly picked as the title character, a quick-quipping, low-time crook who inadvertently finds himself wearing a super suit that allows him the ability to shrink to the size of a nail. The shrinking ability comes in handy when the suit's previous owner (an aged but still commanding Michael Douglas) requires his surrogate to take down the evil corporation who are developing similar technology for themselves. There are some great fight sequences and typically great effects, but at the core of *Ant-Man* is a tale that's light, amusing (you've never laughed this hard in a Marvel movie before!), and even quite sweet.



VACATION (Warner Bros)

The classic *Vacation* series — starring Chevy Chase — gets the Hollywood once-over and the results are surprisingly effective. Though marketed as a reboot, this one's a sequel to the original film and sees the now grown-up Rusty Griswold (Ed Helms) taking his own family — wife Christina Applegate and two kids, one of whom is an absolute monster — on a road trip to Wally World, the original film's destination. Original *Vacation* stars Chase and Beverly D'Angelo make a brief return towards the end of the film but by that stage the audience is so well and truly with Helms' Rusty, and his wild hijinks, that the obligatory cameos almost slow the film down. Look out for Australia's Chris Hemsworth (*The Avengers: Age of Ultron*) in a funny cameo.



PIXELS (Sony)

Not half as bad as the critics made out, but still, considering the colossal effects budget, the fact that it had a good driver (Chris Columbus) behind the wheel, and a reasonably capable cast (*Game of Thrones*' Peter Dinklage and *Kiss Kiss Bang Bang*'s Michelle Monaghan more than Adam Sandler and Kevin James), *Pixels* could've amounted to much more. Main problem with the film is that, good effects and fun plot aside, it's not half as funny nor as captivating as its high-concept storyline might allude to. If one of the typists behind some of the adventure comedies from the Reagan era had done some work on the script (even Dan Aykroyd, who has a cameo in the movie), it might've had a shot. In its current form, *Pixels* is merely a film for the unfussy youngster who likes thing big and pretty. ■

What is intensity?

By Ingrid Barclay

Ingrid on intensity, knee wraps, joint pain and a program to push your strength numbers up.

Q: I just need some clarification. How can I increase my 'intensity' in training?

A: Intensity, as applied to bodybuilding, can be best defined as the 'percentage of momentary ability that an individual is capable of exerting'. Anything that you do to make your workout sessions harder will be a step in the right direction. Raising the intensity factor in your workouts can be done in three ways:

1. By progressively increasing the amount of weight that you use.
2. By progressively decreasing the amount of time it requires you to perform a certain amount of work.
3. By carrying each set to a point of total failure.

Every time we witness an increase in our strength, the amount of weight used must be increased. So, for example, if you can currently curl 60 kg for six reps and in the following week your rest and recuperation allows you to lift 60 kg for 10 reps, the weight should be increased by as much as is required to lower your maximum rep performance to six again. This is the nature of progressive weight training!

Q: What's the best way to wrap your knees for heavy squats?

A: There are plenty of different ways to wrap your knees, just as there are about 100 different ways to tie a truckie's hitch. This is my way:

Ensure you have rolled the wraps up so that they are stretched. A good way to do this, if you don't have a

Take a seat, place your leg out and flex the quad so that your leg is straight. Start the wrap halfway on the patella (kneecap) and below it, and wrap outwards.

Anything that you do to make your workout sessions harder will be a step in the right direction.



Every time we witness an increase in our strength, the amount of weight used must be increased.



fancy machine to do it, is to stand on the wrap and stretch and roll as you go. Doing this is going to allow you to wrap your knees tighter than a nun's proverbial (I really mean that — they are *supposed* to be incredibly tight).

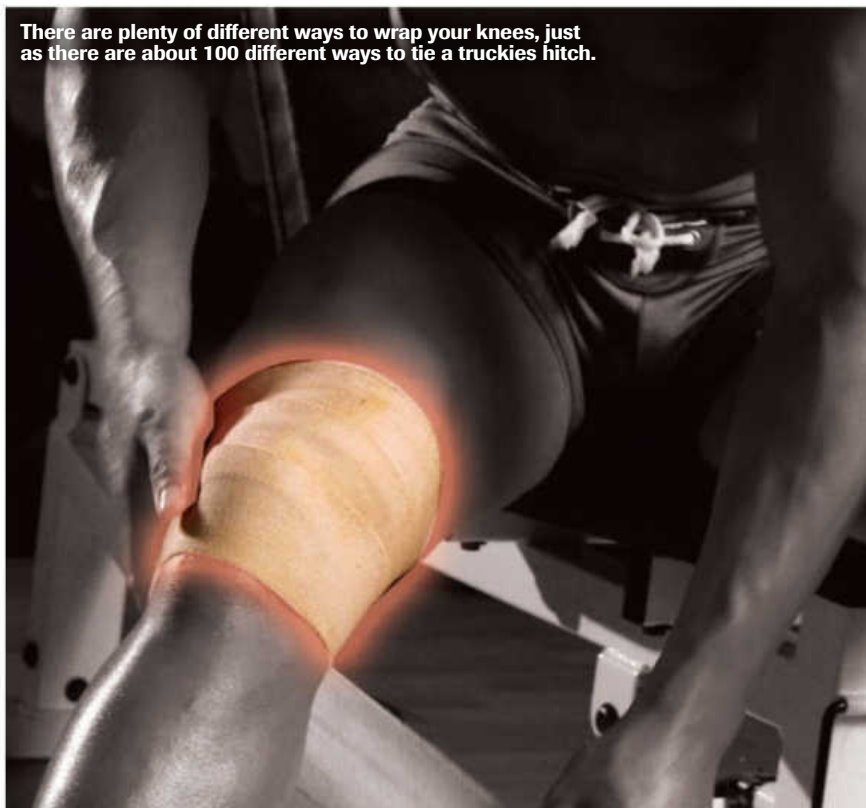
Take a seat, place your leg out and flex the quad so that your leg is straight. Start the wrap halfway on the patella (kneecap) and below it, and wrap outwards.

Once you have made the first lap around, make your first two wraps move up half a wrap each successive lap, making sure you pull tight around the back of the leg. This should have your knee covered fully by now.

Take your next lap on a slightly downward angle back over the knee; then, on the next circle around, cross back up. Continue wrapping normally, covering half of the previous lap each time until you have just the tail left, remembering to pull tight from the back of the leg with each successive circle around.

Tuck the tail in to the top circle of wrapping and pull back towards the inside of your thigh to tighten.

There are plenty of different ways to wrap your knees, just as there are about 100 different ways to tie a truckies hitch.



Your knee should now be tightly wrapped, and your leg is running out of blood!

Repeat the process for the remaining leg. Obviously, you may need to practise this until you can do it fast enough to prevent all sensation to your legs leaving you!

Q: I want to change my workouts up considerably — I need a re-fresh! I am keen to push my one-rep maxes up, and after reading your last few columns, am even interested in perhaps doing a novice competition in powerlifting. I am happy to follow your advice on frequency of training; I can commit to three, four or five times a week, whatever you think is necessary.

A couple of notes to assist you: I feel like my hamstring strength is poor in comparison to my back and quads, and my grip strength needs work. Could you provide me with a month's program and I will see how I go? My current one-rep maxes are as follows: squat 200 kg, deadlift 200 kg and bench press 150 kg.

A: The following program will enable you to increase your training one-rep max lifts by progressively increasing the amount of weight that you use. Don't forget too that there is a difference between a lifter's one-rep maxes in a gym context as opposed to in a meet. I assure you, you are more than likely to be able to lift higher 1RMs in a meet. Hence, when writing a program for the gym, it is better to go off the numbers that you can

You will need to practise wrapping your knees until you can do it fast enough to prevent all sensation to your legs leaving you.



perform regularly in your gym.

As your posterior chain requires work, I have given you deficit deadlifts and weighted hyperextensions, which are both fantastic auxiliary exercises to improve your glute/hamstring/

The program on page 141 should help increase your lifting numbers.



Strength Program, Week 1

Day 1: Squat and accessory movements

	Weight	Sets	Reps	Rest
Raw squat	112 kg	1	12+	N/A
Raw squat	92 kg	2	12	as needed
Bench	105 kg	4	6	90 secs
Front squat	75–90 kg	3	10–12	90 secs
Barbell lunge	60 kg	2	20 metres	60–90 secs
Leg extension	60 kg	4	25	60 secs

Day 2: Deadlift and accessory movements

Deadlift	140 kg	1	12+	N/A
Deadlift	120 kg	2	12	as needed
Snatch grip deadlift	100 kg	3	5	90 secs
Kroc rows	25–30 kg	3	20	60 secs
Lat pulldown		4	10–12	60 secs
Deadlift hyperextensions		4	8–10	60 secs

Day 3: Bench press and accessory movements

Bench press	105 kg	1	12+	N/A
Bench press	95 kg	2	12	as needed
Floor press	97.5 kg	3	5	90 secs
Incline dumbbell flye		3	12–15	60 secs
Barbell overhead press		3	12	60 secs
Rolling triceps extension		3	12	60 secs
Three-way band lockouts		3	15–20	60 secs

Day 4: Deadlift and wrapped squat

Deficit deadlift	140 kg	4	8	120
Wrapped squat	140 kg	4	6	60 secs
Wide-grip lat pulldown		10	8	45–60 secs
Good morning		3	8	60 sec
Hamstring curl		4	25	60 secs

Program notes:

- Deficit deadlifts are to be done standing on two 25 kg plates.
- Rolling triceps extensions should be done on the EZ bar and is a version of a skullcrusher. If you are unsure about its execution you should be able to find it on YouTube.
- Three-way band lockouts are to be done with an overhand, neutral and underhand grip.



lower-back musculature. When you do deficit deadlifts, they put you at a biomechanical disadvantage, so you are going to get stronger throughout the whole range of the lift. So when you go back to performing your conventional deads, you are going to feel a lot stronger through the whole movement — in fact, they will seem much easier. Weighted hyperextensions will also strengthen the glutes, hamstrings and erector spinae, and by using a barbell (in conjunction with the hyperextension machine), it allows you to continually progressively overload.

As your posterior chain requires work, I have given you deficit deadlifts and weighted hyperextensions, which are both fantastic auxiliary exercises to improve your glute/hamstring/lower-back musculature.



Barbell lunges are a helper movement to improve your squats.

I inserted rolling triceps extensions in there because once the movement becomes efficient, the added momentum should mean you can add more weight to overload the elbow extension — triceps lock out — which will carry over for your improved bench press.

To help with your grip strength, the major thing I have prescribed is the Kroc rows, which are a great assisting exercise to the deadlift, but I want you to work them

When you go back to performing your conventional deads after doing deficits, you are going to feel a lot stronger.



As with anything medical, you probably should go and get your injuries checked by a physio. It could be that you just need a bit of work on them. Two-to-four sessions of dry needling helps a lot of my clients with joint issues and they are as good as new.

without wraps. Not using wraps and working in a rep range of 20-to-30, and gradually increasing the weight over time will really help with improving grip strength.

See the first week of your new program in the box on page 141. For the rest of the month, you'll have to scan with your In-Site app or check out the tablet edition of the mag.

Q: I get elbow and shoulder pain in my joints when I lift. It's not bad — I can work through it at this stage, but do you have any hints or tips on how to manage it?

A: As with anything medical, you probably should go and get your injuries checked by a physio. It could be that you just need a bit of work on them. Two-to-four sessions of dry needling helps a lot of my clients with joint issues and they are as good as new. As far as your elbows, you could also grab two braces and wear one on each arm, halfway up your forearm. The idea behind braces is that your body thinks that the insertion point is where the brace is at, thus relieving the aggravated elbow joints.

And of course use *ice* after training body parts that flare the aggravation. ❄️



Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of *Go Figure* and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through ingrid@bodyconquest.com.au

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Liz Antonas

Photography by Charlie Suriano

How did you come to be in the calendar?

I had my first IFBB competition last October and I was referred by a friend to have some professional photos taken of my progress — with Charlie Suriano — so I chose to do some bikini shots and lingerie snaps, which he later submitted to the calendar.

Where do you hail from?

Born and raised in Perth, WA.

What's the most interesting thing that has happened to you?

When I was 21, I moved to Melbourne for a year, achieving my diploma in make-up artistry and making a career out of my profession.

What did you want to be when you grew up?

A vet with a flying car...looking back on my dreams as a six-year-old! Now it's to be recognised as an international makeup artist.

What is your relationship to the fitness industry?

I'd say we are pretty tight [laughs]. I'm still very fresh to the industry, competing in 2014, now competing again in 2015. But I can see us going further long term into the future and becoming very successful with determination and hard work.

Tell us about an average week in the gym for you.

At 3.30 a.m. I crawl out of bed, one eye half open; I manage to find my tights and a clean sports bra, once I'm dressed I'm straight into



WET 'N' WILD

What's your least favourite exercise?

That's an easy one: I hate to squat. And plyos — it's a love/hate relationship.

What do you love most about the fitness world?

What I love most is the sweat, determination and the ability to up my level of weights each week at the gym, pushing myself and then seeing the results.

What do you like the least about the fitness world?

Eating salmon!

Tell us about your diet or nutrition plan.

My diet is very strict. Before competing, I used to somewhat eat healthy and portion out my food — I LOVE FOOD! I could just keep eating! Rolled oats for breaky, chicken and sweet potato for morning tea, turkey or steak for lunch with basmati rice and an apple with organic peanut butter for an afternoon snack! Dinner would consist of barramundi, prawns or salmon, depending on the day. Then finishing off my night with a strawberry casein shake.

What is your favourite male body part?

Well, you know the 'V' that points downwards... to you know what, just below the abs...

What is your own body part that you like the best?

Right at this moment, definitely my peach booty! Took me months to get that baby on point.


What advice would you give to someone wanting to start out in the modelling or fitness industry?

It does help knowing people in the industry, listening to how they started off to inspire you that much more. Also, apply yourself to every opportunity and really work hard and push yourself; you can't sit around and wait for it to come to you!

When you get the opportunity to have some time to yourself, what do you usually get up to?

I like to really pamper myself. Fresh manicured nails, fresh tan, catching up with my girlfriends for walks or coffee. And maybe a little bit of retail therapy. Couldn't hurt, hey?

Who is the person you admire most from the fitness world?

Well, I'm not going to play the name game but I would say all the men and women who compete, train hard, focus and each achieve inner goals, watching them flaunt it on stage or at the gym. I watch and learn that motivates me also inspires me the most! Becoming someone bigger and better each day! I admire their journey that they embarked on from the begging and relating to the struggles and achievements. Proving that anyone can succeed be true to yourself and remain positive and you will be ready with what hurdles your life throws at you. 

 **Instagram:** @eantonas

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the kitchen boiling up my oats to take with me and sculling back my pre-workout. Bagging up my BCAAs and protein powder, once my oats are cooked, in a container it goes. Smashing my tunes in the car (Prodigy — 'Breathe') on the way to the gym. I love that no one is on the roads and it's still pitch black. I start my workout with a slow 45-minute walk. And then, stretching out to start my weights, I scan over my plan and get the deed done. With what little energy I have left — or once my pre-workout is sweated out — I smash a 30-minute HIIT session on the treadmill. Two hours later, I'm back in the car to head home to begin my day at work.

What's your favourite exercise?

Ooohhhh, don't make me pick! That's a tough one. It would have to be the good old Arnold press.



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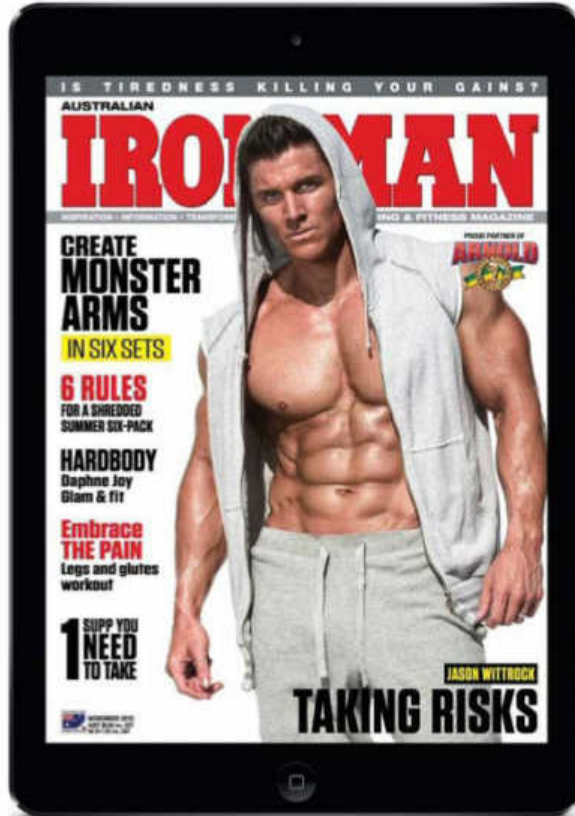
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ARMS RACE

I really liked the arms workout in the last issue. It had some original exercises I had never seen before. I'd like to see more of them. We've all seen an incline bench press and triceps pushdown. Keep showing stuff we haven't seen a million times.

— Joe W., via e-mail



Michael Neveux

WHAT ABOUT IRON WOMEN?

Are you ever going to show workouts with women? You had a great feature with Dana Linn Bailey a few months ago, but ever since then it has just been female models. What about showing the workouts of some serious hardcore female athletes?

— Riley A, via e-mail

The women we feature may look like models, but they are all serious athletes who pay their dues in the weight room. But we'd love to hear your suggestions about what hardcore females you'd like to see in Iron Man mag. Sound off on Facebook/AusIronManMag or Twitter (@AusIronManMag). — Ed



Michael Neveux

Got something to say? Email: ironman@blitzmag.com.au

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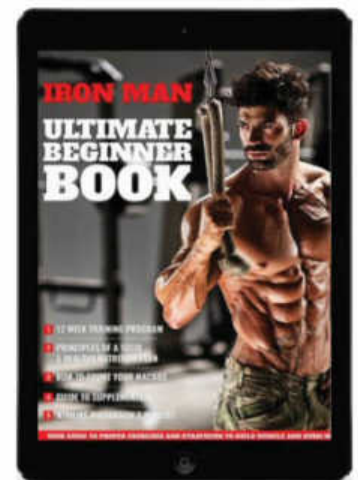
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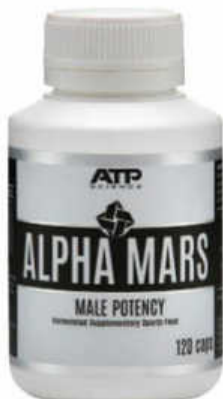
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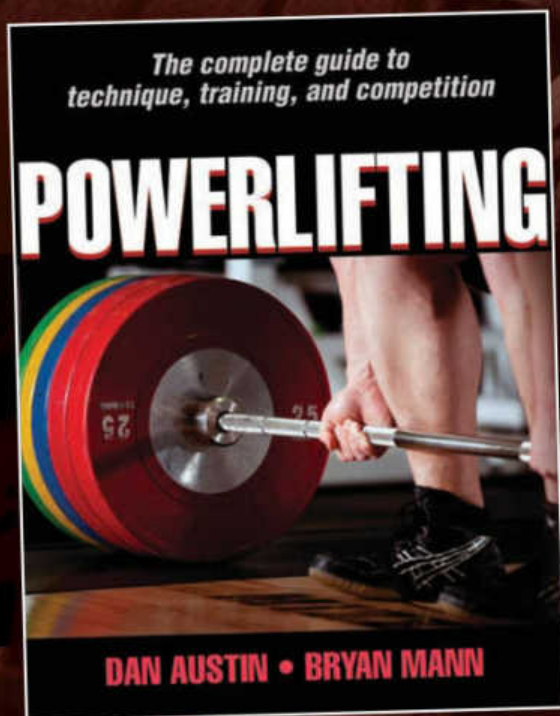
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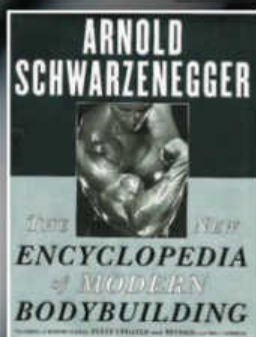
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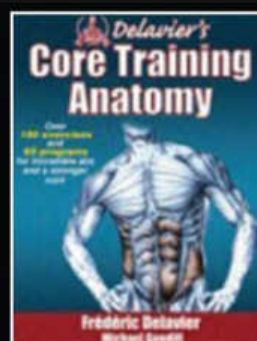
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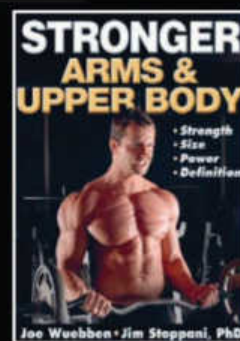
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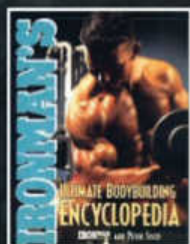
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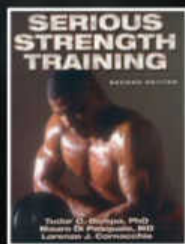


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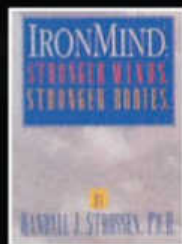
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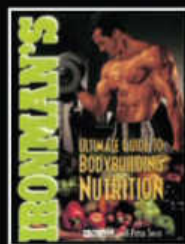
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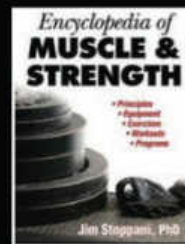
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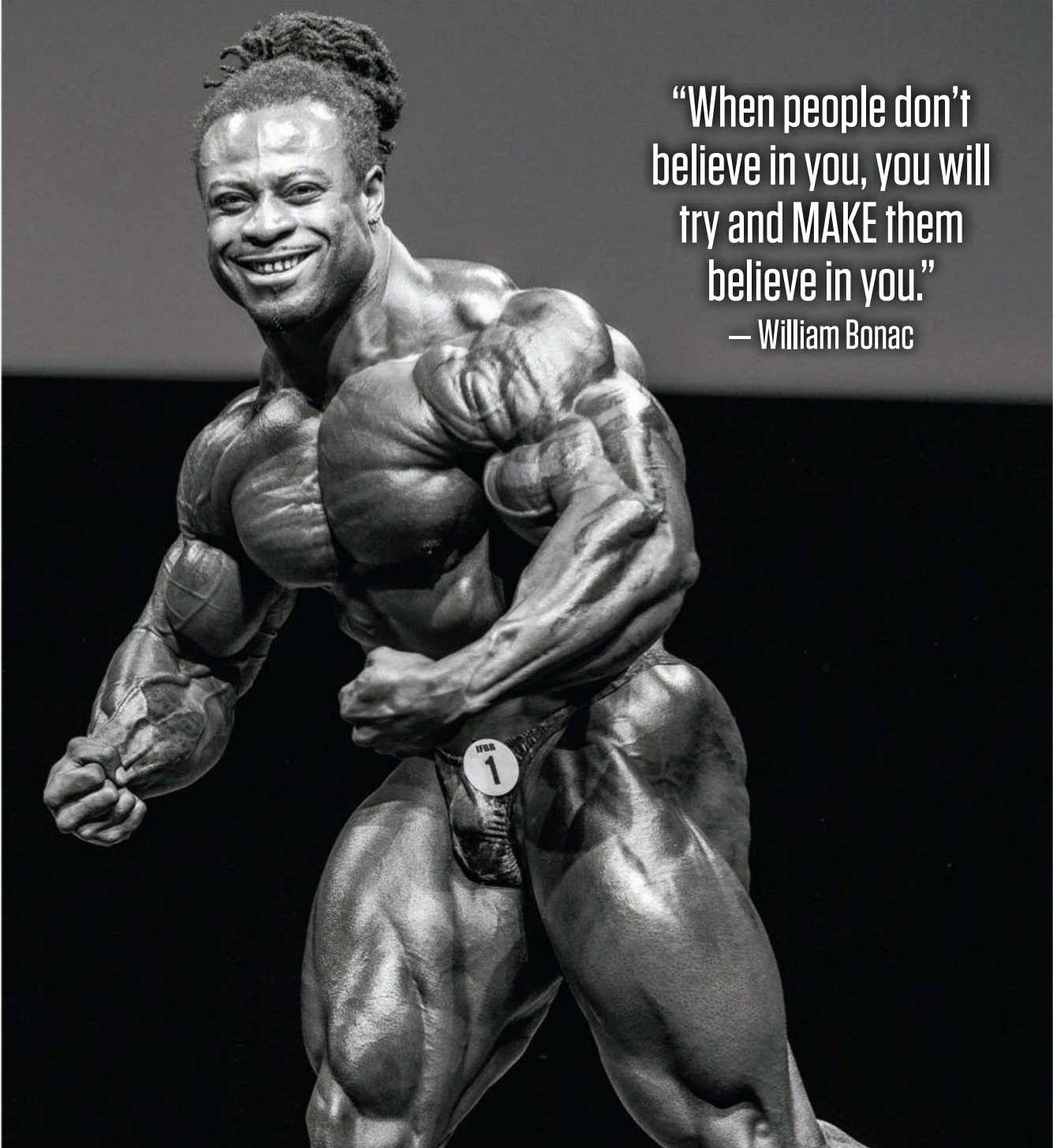
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